Female urine collection
Random (Mid Stream)

Your doctor requested a urine sample for examination. This test is very important to assess your health and will only give useful results if collected properly. Normal body secretions may alter the results, so it is necessary to clean the area where urine is passed thoroughly. Please follow these guidelines. Do not hesitate to ask for assistance.

Please complete the relevant patient information on the specimen container label and return to collection centre promptly.

Equipment
1 Sterile urine jar
2 Towelettes

1. Wash hands.
2. Prepare by opening the sterile container and the towelettes and placing them where they can be reached conveniently.
3. Sit well back on the toilet (preferably with the seat up). Part the skinfolds (labia) and while holding apart, wash once from front to back with the first towelette and then the second.
4. With the skinfolds (labia) still apart pass the initial amount of urine into the toilet and then without stopping the stream pass the container under and collect enough urine to half fill the container. The rest of the urine is passed into the toilet.
5. Place the lid on the container.
6. Label container with your full name, date and time specimen was collected.
7. Return the sample to the collection centre as soon as possible on the day of collection. If there is any delay, refrigerate the specimen.

N.B. The two most important considerations when collecting urine are:
1. To keep the labia parted (following cleansing) until urine is collected.
2. To allow a continuous stream while collecting urine.

For a list of our collection centres and opening hours, please visit www.dorevitch.com.au or call your local Dorevitch Pathology laboratory.