

Specimen Collection Guidelines

- Mid-stream Urine (Female)

It is important to collect your urine sample BEFORE starting any antibiotic medication.

1. Please clean around the urinary opening and genital area, by washing the area from front to back, avoiding the anal area.
2. Dry the area.
2. Remove the lid of the specimen pottle, being careful not to touch the inside of the pottle.
4. Pass some urine into the toilet then hold the specimen pottle under the stream or urine and collect some urine into the pottle. Half full is sufficient.
5. Finish passing urine into the toilet.
6. Screw the lid onto the pottle, firmly.
7. Wash your hands.
8. Label the specimen pottle with your name, date of birth, and date and time of collection.

If you have any problems please contact Canterbury Health Laboratories:

Christchurch:	cnr Hagley Ave and Tuam St.	Ph 364 0300
Ashburton:	Ashburton Hospital, Elizabeth St.	Ph 307 8456