

## Specimen Collection Guidelines - Mid-stream Urine (Male)

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

1. Wash your hands.
2. Moisten a piece of toilet tissue with tap water.
3. Pull back the foreskin on your penis (if necessary). Wipe away from the opening with toilet tissue.
4. Discard tissue.
5. Remove the lid of the specimen pottle being careful not to touch the inside of the pottle.
6. Pass some urine into the toilet, then catch some urine in the pottle, mid-stream. Half full is sufficient.
7. The remaining urine can be passed into the toilet.
8. Screw lid onto the pottle firmly.
9. Wash your hands.
10. Label the specimen pottle with your name, date of birth, and date and time of collection.

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**If you have any problems please contact Canterbury Health Laboratories:**

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