

**Collecting a URINE sample for URINE CULTURE**  
**(mid-stream specimen of urine)**

- To collect the urine sample, use a sterile container that has a wide opening with a screw-on lid that is provided by the laboratory or can also be purchased in a pharmacy.
- Wash the external genital area with soap, wash thoroughly with water and do not dry.
- Open the sterile container just before using it. Do not touch the internal part of the container and the lid.
- Men must pull back their foreskin and women must hold open the labia using their fingers in order to reduce the possibility of contamination while collecting the sample.
- Pass some urine into the toilet. Then, without stopping the flow of urine, collect the following urine (mid-stream) into the container that must not come into contact with the body.
- Immediately close the container, while continuing to avoid touching the inside, by carefully screwing on the lid.
- Bring the sample to a laboratory within the following hour. If it is not possible, then keep the sample in the refrigerator at +4°C (48 hours maximum)

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