

## PATIENT INFORMATION SHEET

### GENERAL INFORMATION

If your doctor suspects you have a bladder infection, a carefully collected and tested urine sample is an important part of your assessment.

Please collect your urine sample **BEFORE** starting any antibiotic medications.

### COLLECTION PROCEDURE

#### Method of collection

1. You will be given a supply of tissues, a plastic dish and a sterile plastic container with a yellow top, to collect your urine sample in.
2. Wash your hands before you collect the urine sample.
3. Hold your labia apart and gently clean around the urinary opening and genital area by washing the area from front to back with water then drying with a tissue. Avoid the anal area.
4. Continuing to hold your labia apart, away from contact with the stream of urine for collection of the specimen:
  - Pass the first part of urine into the toilet or plastic dish.
  - Without stopping, the middle portion ("mid stream") is passed into the sterile yellow top container. The container should be at least 1/4 full.
  - Finish passing urine into the toilet or plastic dish.

For difficult collections you can catch the mid stream urine in the plastic dish and then transfer into the yellow top container.

When you handle the yellow top container it is important that you do **NOT TOUCH** the inside as this may cause contamination. Ensure the yellow lid is screwed on firmly after finishing the collection.

If testing is necessary during menstruation, a tampon should be used to prevent blood contaminating the urine specimen.

If you are collecting the specimen at home, label the container with your name and date and time of collection.

#### B. Transport

If the specimen is to be collected at home, store the specimen in the refrigerator (not the freezer) and deliver to the closest collection centre as soon as possible the next day.

If you have any additional questions or require further information please contact one of our pathology collectors at the room you attended or the collection Co-ordinator at the Central Laboratory on **9736 7000**.