

Urine Culture Midstream Collection for Women

For best results, please follow directions carefully.

Clean the genital area:

1. Wash hands well with soap and water.
2. Remove cover from sterile cup. Be careful not to touch the inside of the cup or cover.
3. Open one package of wipes.
4. Open lips of the vagina with one hand and wash carefully front to back.
5. Discard first wipe and clean again with second wipes.
6. Continue holding lips of vagina apart after washing so that clean area is not contaminated .

Collect the urine sample:

1. After washing, pick up the sterile cup in one hand **without touching the inside** of the cup.
2. Begin urinating into the toilet (not the cup).
3. While urinating, move cup into the stream of urine and fill about 3/4 full.
4. Remove the cup from the stream - without stopping- and finish urinating into the toilet.
5. Place cover on the cup without touching the inside. Secure cover tightly and place in biohazard bag (if provided).
6. Be sure your container is properly labeled and give it to your healthcare professional. If there will be a delay in transport of more than 1 hour, refrigerate the specimen.
7. Contact the Microbiology Laboratory at St Joseph Hospital with any questions.
603-884-4216.