

Handing your urine sample in

The sooner your sample is handed in to your doctor's surgery or the hospital the better, as a delay could give an inaccurate result.

If you can't hand your urine sample in within an hour, you should keep it in the fridge. Put the container in a sealed plastic bag, ensuring the lid of the container is tightly on. Boric acid can cause false negative results if not filled to the 20ml mark. If you feel that you cannot collect this amount please contact your GP for advice

Also make sure you label your sample with your name, date of birth and the date and time your sample was taken.

What happens next?

If the result indicates further action is required you will be contacted by your doctor or a health professional.

If you haven't heard anything within a week you may want to contact your surgery to confirm your result is negative.

How to take a Mid-Stream Urine (MSU) sample

Advice leaflet for patients

Your doctor or healthcare professional has requested that you provide a urine sample. Please follow the instructions below to ensure that your sample is not contaminated.

What is a mid-stream urine sample

A mid-stream urine sample is the middle part of your urine passed in a single urination. This means you don't collect the first or last part of urine that comes out. This reduces the risk of your sample being contaminated with bacteria from:

- Your hands
- The skin around the urethra, the tube that carries urine out of the body.

Collecting a mid-stream urine sample

Your doctor or another healthcare professional will have given you a sterile red top container to collect your urine in. This will have a powder preservative of Boric acid - do not remove this from the container.

You may also have been given a sterile pot to urinate straight into.

You should collect your mid-stream urine sample when you first pass urine in the morning or when your bladder feels full.



To collect a clean mid-stream sample

- Collect all the equipment you need so it is at hand
- Wash your hands with soap and water
- Remove the red lid from the urine container
- Start urinating into the toilet, then collect the middle part of your urine in the sterile pot (or directly into the red topped container if you don't have one), ensuring the pot/container doesn't touch your genitals, fill to the 20ml mark
- Finish passing the rest of your urine in the toilet
- If you have passed urine into the sterile pot transfer your urine straight into the red topped container and disregard the remaining urine down the toilet, fill to the 20ml mark
- Put the red lid on the urine container straight away
- Wash your hands again with soap and water