



# ST. CLARE'S MEDICAL CENTER, INC.

*"Sharing a Wealth of Quality Healthcare"*

## Department of Pathology and Laboratory

### PATIENT INSTRUCTIONS

#### MIDSTREAM URINE COLLECTION PROCEDURE (Microbiology)

A midstream or clean-catch urine collected midway through the urination process is necessary for culture, so that any bacteria present around the urethra and on the hands do not contaminate the specimen.

##### Collection of mid-stream urine:

1. Read the instructions carefully, and follow each of the steps to ensure you collect the correct specimen for the test. Early morning urine specimens are preferred, although urine collected at other times of the day are acceptable.
2. Use the sterile screw-capped urine container provided to you for collection.
3. Wash and dry your hands thoroughly.
4. Remove the cap on the container and set it aside. You should not touch the inner surface of the cap or the container.
5. For women, keep the legs apart and hold the skin folds apart while voiding. For men, retract the foreskin (if uncircumcised) while voiding.
6. Pass a small amount of urine into the toilet).
7. Midway through urination, fill the container to half full.
8. You may finish voiding into the toilet until the bladder is empty.
9. Replace the cap and tighten firmly. For sanitary reasons, it is recommended that the container be enclosed in a plastic bag.
10. Wash your hands thoroughly.
11. Deliver the container to the laboratory as soon as possible after completion of the collection.

**IMPORTANT:** Write your own and your doctor's name on the container(s). Ensure that the requisition is filled out completely and correctly, including:

- Your full name and address
- The Doctor's name and address
- Date and time of collection

Containers and requisitions can be returned to St. Clare's Medical Center Laboratory.

Address: 1838 Dian St. – Brgy. Palanan, Makati City, Philippines 1235

Tel. Nos.: 8831-6512 Local 156 or 188

Website: [www.stclaresmedicalcenter.com](http://www.stclaresmedicalcenter.com)