Samples that are not labelled correctly or do not have a complete requisition form will not be tested.
Mid-stream Urine Collection

Instructions

Use only the collection bottle(s) and towelettes given to you by your doctor, local lab, or blood collection clinic.

1. Wash your hands before urinating (peeing).

2. Take the cap(s) off the provided bottle(s). Do not touch inside the cap(s) or the bottle(s).

3. Open the towelettes. Use all of the towelettes to clean your genital area:
   › **Women** should separate the labia (skin folds around the opening of the vagina) and wipe front to back.
   › **Men** should pull back the foreskin of the penis.

4. Make sure your skin does not touch the bottle as you pee.

5. Pee a small amount into the toilet. **Stop the flow** (by tightening your pelvic muscles).
6. Pee directly into the bottle until it is half full. **Stop the flow again.**

7. If you were asked for 2 urine samples, collect the second bottle now. If not, finish peeing in the toilet.

8. Put the cap(s) of the bottle(s) on tight. Be sure not to touch inside the cap(s) or the bottle(s).

9. Wash your hands.

10. Bring your sample(s) to an approved drop-off site **as soon as you finish** the collection (see back cover for more information). **If this will take more than 1 hour, put the sample in the fridge until you can drop it off. Do not put it in the freezer.**

Make sure the collection bottle(s) is labelled with your name, health card number, and date and time of collection.
Please see back cover for contact information.
Each requisition must have:
› Your full name and date of birth
› Your health card number
› Your doctor’s full name and address
› The names of all antibiotics you are taking
› The names of all countries outside of North America that you have visited (or emigrated from) in the past 12 months
› Collection date and time for each urine sample

Take the sample to one of the following Nova Scotia Health Authority Laboratory Services locations:

South Shore Regional Hospital
Main Floor
90 Glen Allan Drive
Bridgewater NS  B4V 2S6
Phone: 902-527-5261
Hours: Monday-Friday, 7-11 a.m.
Registration: Monday-Friday, 6:45-10:45 a.m.