

# Mid-stream Urine Collection

## Valley Regional Hospital and Yarmouth Regional Hospital

### Make sure your requisition has:

- › Your full name and date of birth
- › Your health card number
- › Your health care provider's (doctor or nurse practitioner) full name and address
- › Time and date of urine (pee) collection

Use **only** the collection bottle(s) given to you by your health care provider, local lab, or blood collection clinic.

### Instructions

1. Wash your hands well before collecting your sample.
2. Wash your vagina or penis with soap and water. Before collecting your sample, make sure your vagina and penis are fully dry.
3. Take the cap off the collection bottle. **Do not** touch the inside of the cap or bottle.
4. Pull back any skin away from your urethra (opening where pee comes out). **Do not** let your skin touch the bottle as you pee.
5. Start peeing into the toilet, then stop. Holding the sample bottle **away from your skin**, start to pee into the bottle. After the bottle is filled halfway, finish peeing in the toilet.
6. Wash your hands well.
7. Put the cap on the collection bottle tightly. **Do not** touch the inside of the cap or bottle.

8. As soon as you collect your sample, drop it and your requisition form off at your local testing drop-off site (see below).
  - › Urine testing is the most accurate if it is received by the lab within 2 hours of collection time. If you cannot do this, put it in the fridge.
  - › You must drop it off to the lab within 24 hours (1 day) of collection time.

## **Drop-off sites:**

**Annapolis Community Health Centre**  
821 St. George Street, Annapolis Royal

- › Phone: 902-532-2381

**Soldiers Memorial Hospital**  
462 Main Street, Middleton, NS

- › Phone: 902-425-7601

**Valley Regional Hospital**  
150 Exhibition Street, Kentville, NS

- › Phone: 902-679-3315

**Yarmouth Regional Hospital**  
60 Vancouver Street, Yarmouth, NS

- › Phone: 902-742-3541

- **To find more information about drop-off sites, visit:**
  - › [www.nshealth.ca](http://www.nshealth.ca) and search “Specimen testing”

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by: Urology, Valley Regional Hospital and Yarmouth Regional Hospital  
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