

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 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

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

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