

2019

Mid-stream Urine Collection

Pathology and
Laboratory Medicine
Halifax Area



www.nshealth.ca

Mid-stream Urine Collection


Instructions

- Your doctor has given you a form for this test. This form is called your **requisition**.
- Use only the collection bottle(s) given to you by your doctor, local lab, or blood collection clinic.
- Make sure the collection bottle(s) is labelled with:
 - › your name
 - › your date of birth
 - › your health card number
 - › the date and time of collection
- Wash your hands **before** urinating (peeing).
- Take the cap(s) off the provided bottle(s). Do not touch inside the cap(s) or bottle(s).

Please see the back cover of this pamphlet for contact information.

- Make sure your skin does not touch the bottle as you pee.
 - › **Women** should separate the labia (skin folds around the opening of the vagina).
 - › **Men** should pull back the foreskin of the penis.
- Pee a small amount into the toilet. **Stop the flow** (by tightening your pelvic muscles).
- Pee directly into the bottle until it is half full. **Stop the flow again.**



- If you were asked for 2 urine (pee) specimens, collect the second specimen now. If not, finish peeing in the toilet.
 - Put the cap(s) of the bottle(s) on tight. Do not touch inside the cap(s) or bottle(s).
 - Wash your hands.
 - Bring your specimen(s) to an approved drop-off site **as soon as you finish the collection** (see back cover for sites). If this will take more than 1 hour, put the specimen **in the fridge** until you can drop it off.
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24-hour access for drop-offs in Halifax:

QEII Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building

Or drop off your specimen at your local lab. Hours and addresses vary. Check www.nshealth.ca for more information.

Phone: 902-473-2266

Email: [DPLMCustomerService@
nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **doctor's full name and address**
- › **Collection date and time** for each urine collection

Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.