

## 24-hour access for drop-offs available in Halifax:

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

Or drop off your specimen  
at your local lab. Check  
[www.nshealth.ca/laboratory-services](http://www.nshealth.ca/laboratory-services)  
for lab hours and addresses.

- › Phone: 902-473-2266
- › Email: [DPLMCustomerService@nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

What are your questions?  
Please ask a member of your  
health care team.  
We are here to help you.

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.

*Prepared by:* Pathology and Laboratory Medicine,  
Halifax area

*Illustration by:* LifeART Nursing 2 Images, Copyright © 1994,  
TechPool Studios Corp. USA

*Designed by:* Nova Scotia Health Library Services

QY85-1619 © March 2024 Nova Scotia Health Authority  
To be reviewed March 2027 or sooner, if needed.

# Mid-stream Urine Collection

## Pathology and Laboratory Medicine Halifax Area

Each requisition must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's (family doctor or nurse practitioner) full name and address**
- › **Start and end times and dates** for each urine collection

## Instructions

- Your primary health care provider has given you a form to have this test done. This form is called a **requisition**. You will need to keep your requisition and **bring it to the drop-off site with your full collection bottle(s)**.
- Use only the collection bottle(s) given to you by your primary health care provider, local lab, or blood collection clinic.
- Write your **full name and date of birth, health card number, and the start time and date** on the bottle label and requisition.
- Wash your hands **before** urinating (peeing).
- Take the cap off the collection bottle. **Do not** touch the inside of the cap or bottle.
- Make sure your skin does not touch the bottle as you urinate (pee).

### If you have a vagina:

- › Separate the labia (the skin folds around the opening of your vagina).

### If you have a penis:

- › If you have foreskin, pull it back.
- Urinate (pee) a small amount into the toilet. **Stop the flow** (by tightening your pelvic muscles).
- Urinate again, but this time into the collection bottle until it is half full. **Stop the flow again.**



### If you need to do 2 back-to-back urine collections:

- › **Collect the second specimen (sample) now.**

### If you **do not** need to do 2 urine collections:

- › Finish urinating in the toilet.
- Put the cap(s) of the collection bottle(s) on tight. **Do not** touch inside of the cap(s) or bottle(s).
- Wash your hands again.
- Bring your filled bottle(s) to an approved drop-off site **as soon as you finish your collection(s)** (see the link on the back cover for sites). **If this will take more than 1 hour, put the specimen(s) in the fridge until you can drop it off.**