

INFORMATION FOR PATIENTS

Collection of a mid-stream urine (MSU) sample

Your GP/doctor/nurse has asked you to provide a MSU sample for testing at the laboratory and should have given you a sterile container (pictured) and a sample bag. These instructions tell you how to take a MSU sample.



If you have not been provided with one of the containers pictured, then you should request one from your GP/doctor/nurse.

What is a mid-stream urine sample?

A MSU sample is the middle portion of a stream of urine that you produce. Urine is normally sterile (no bacteria are present). If bacteria are found in the sample, it means the urine is infected.

A MSU sample is best as the first portion of a stream of urine may be contaminated with bacteria normally present on the skin.

Timing of the sample

You can collect the urine sample at any time of day, unless your GP/doctor/nurse has advised otherwise.

Before you collect the sample

You may have been given a pre-printed label to stick on your container. If not, use a pen or pencil to label the container with your name, date of birth and the date and time the sample was produced.

Because of the potential to contaminate urine with bacteria and cells from the surrounding skin, it is important to first clean the genitalia:

- **Women:** Hold open your labia (entrance to the vagina) and clean from front to back.
- **Men:** Pull back your foreskin and wipe the tip of the penis.

How to collect a mid-stream sample of urine:

1. Remove the screw cap from the container, being careful not to touch the inner surfaces of the container or cap.
2. **Women:** Hold open your labia (entrance to the vagina).
Men: Pull back your foreskin.
3. Start to pass some urine directly into the toilet, wait for a second or two, and without stopping the stream of urine collect some urine in the container. If you are unable to fill the sterile container directly then you can use a different container (e.g. a glass jug or jar) and then pour the urine into the sterile container. Make sure the container you choose to use is very clean: wash it thoroughly and use boiling water to rinse it out before use.
4. Finish passing the rest of your urine into the toilet.
5. Tightly screw the lid back onto the container and wipe off the outside of the container if required.
6. Place the fully labelled container into the sample bag provided and seal the bag.
7. Wash your hands with soap and warm water, rinse, and dry.

Where do I deliver the sample to?

After collecting the sample, please return it on the same day to either your GP surgery or the Microbiology Department on Level 7 of the John Radcliffe Hospital.