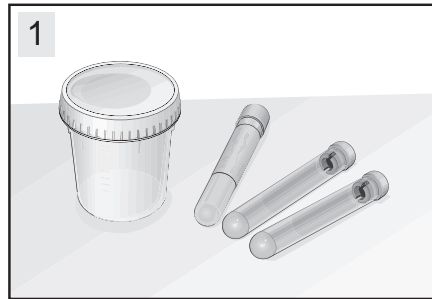


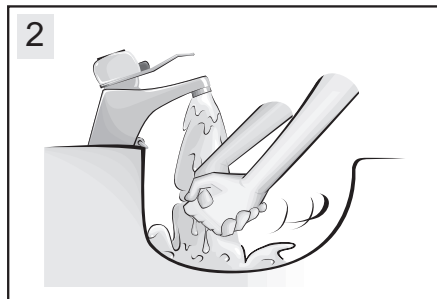
Collection of mid stream urine, females

For a reliable sample, urine should be in the bladder for at least 4 hours. You have received a container and vacuumed specimen tubes.

Do not open the specimen tubes!

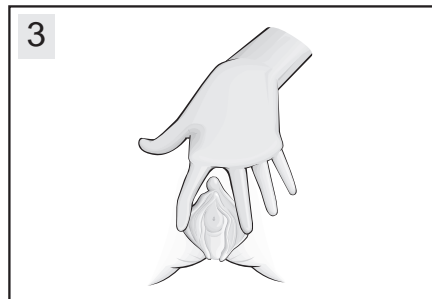


1



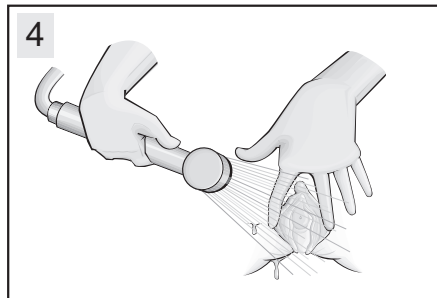
2

Wash your hands.



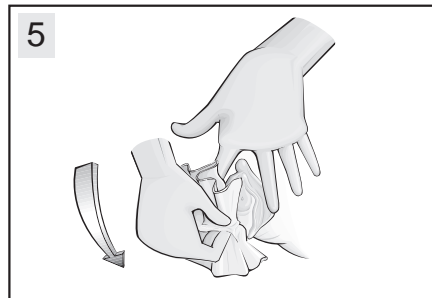
3

Spread your labia.



4

Wash your outer genitals with running water.



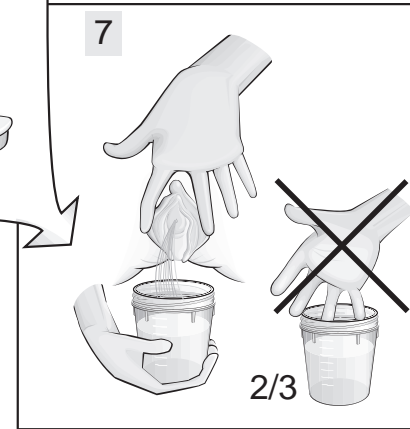
5

Dry with a paper towel wiping from front to back.



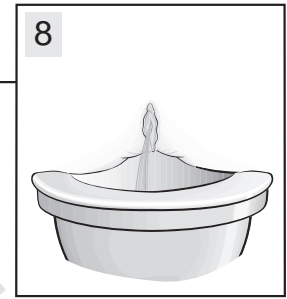
6

Open the lid of the collection container. Pass some urine into the toilet.



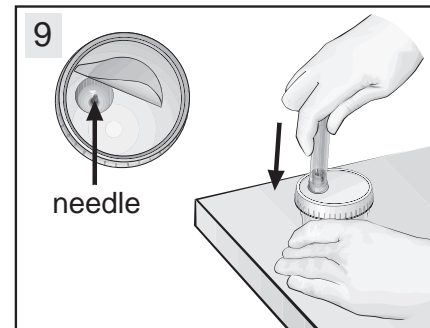
7

Move the container into the stream without breaking it and fill about 2/3 of the container. Avoid touching the inside.



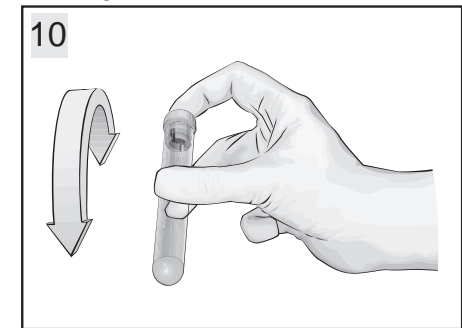
8

Move the container out of the stream and finish passing urine normally into the toilet.



9

Close the container. Remove the label from the lid. Do not touch the needle. On a firm surface, press each tube (stopper first) down against the needle until the urine streams in. Fill each tube.



10

Turn the tubes upside down for 6 times. Bring the tubes to the laboratory as soon as possible.

Identifying the sample is important. Please fill in the following:

Name: _____

Personal ID number: _____

You previously passed urine _____ hours before this sample.

Date and time of collection: ____/____/____ at ____ o'clock ____