



For the patient

Sample collection guidelines: Midstream urine



Guidelines for the patient

Procedure for **women**:

- Wash hands.
- Spread the labia.
- Was the outer genitalia with about 4 wet wipes. Rub down and use each wipe only once.
- Dry with paper towel. Rub down.
- Urinate the first urine into the toilet.
- Interrupt urination and collect the next 50ml of urine in the container. Do not touch the inside.
- Empty the bladder further into the toilet.
- Was hands.





Procedure for **men**:

- Wash hands.
- Bring the foreskin backwards.
- Clean the frontal part of the penis with a wet wipe.
- Dry with a paper towel.
- Urinate the first urine into the toilet.
- Interrupt urination and collect the next 50ml of urine in the container. Do not touch the inside.
- Empty the bladder further into the toilet.
- Wash hands.

