

COLLEGE STREET MEDICAL PRACTICE



Summary

This document provides clear instructions for collecting urine samples for medical testing. It outlines the steps required for a clean-catch midstream sample, emphasising proper hygiene and timely delivery to ensure accurate results. It also introduces the process for obtaining a catheter specimen of urine (CSU), starting with handwashing.

A. Message – Clean-Catch (Normal Sample)

Please bring a clean-catch midstream urine sample for testing.

- Wash your hands.
- Clean the genital area with water or a wipe (front to back for females).
- Start passing urine into the toilet, then—without stopping—catch the midstream part in the sterile pot provided.
- Screw the lid on tightly, label with your name and date of birth, and bring it to the surgery the same day (within 2 hours of collection if possible).

This helps ensure an accurate test for infection.

Common Mistakes to Avoid

To make sure your sample gives the best results, please avoid these common errors:

- **Not cleaning hands or genital area properly:** This can contaminate the sample and affect test results.
- **Collecting the first or last part of urine:** Always collect the midstream part to reduce contamination.
- **Using a non-sterile container:** Only use the sterile pot provided by the surgery.
- **Touching the inside of the container or lid:** This can introduce bacteria and affect the test.
- **Not labelling the sample correctly:** Always write your name and date of birth clearly on the pot.
- **Delaying delivery:** Bring the sample to the surgery as soon as possible, ideally within 2 hours. Delays can lead to bacterial growth or changes in the sample.
- **Collecting during menstruation (for females):** If possible, avoid collecting urine during your period, as menstrual blood can affect results.
- **Taking the sample from the drainage bag (for catheter specimens):** Always use the sampling port, not the bag.
- **Not disinfecting the catheter port:** Clean the port before and after collecting the sample.
- **Insufficient sample volume:** Make sure you provide enough urine (usually at least 10–30 mL).
- **Incorrect timing for special tests:** Some tests require urine at specific times—follow instructions carefully.
- **Not informing the surgery about medications or supplements:** These can affect results, so let us know what you're taking.