

How to collect A MID STREAM URINE SPECIMEN (Female)

- 1 Remove undergarments and sit on the toilet seat placing one knee as far to the side as possible.
- 2 Hold the container and lid by the outside. Avoid touching the inside of either the lid or the container.
- 3 Commence urinating into the toilet.
- 4 Without stopping the flow of urine, introduce the container into the stream.
- 5 Half fill the container with urine.
- 6 Finish urinating into the toilet.
- 7 Replace the lid on the container, secure tightly and return the specimen to the collector