

## Mid-Stream Urine Collection Instructions

1. Your health care provider or laboratory staff will provide you with a STERILE urine cup to collect the sample.
2. An early morning, first-voided urine is the preferred sample.
3. Wash hands thoroughly prior to collecting the urine sample.
4. Prior to voiding, wash the area thoroughly 2-3 times with the provided towelette or with soap and water. If using soap and water, rinse area thoroughly with clean water to remove any soap residue.
5. Begin voiding into the toilet. *Without stopping the urine stream*, pass the sterile urine cup into the stream of urine to collect the sample. Remove the urine cup from the stream of urine and complete voiding.
6. The sterile urine cup should not come in contact with legs, hair, skin, or clothing. If the urine sample is contaminated, the test may need to be repeated.
7. Return the urine sample to a Sanford Patient Service Center or a Sanford laboratory as soon as possible. If you are unable to return the urine sample, it can be refrigerated for up to 12 hours.
8. Verify that the specimen is clearly labeled with your **full legal name, date of birth, date and time of collection**.