



## HOW TO COLLECT A URINE SAMPLE FOR URINE CULTURE (cod. 90942)

### What you need

- sterile urine box with screw top to be purchased in the pharmacy

### How to collect samples

collect the first urine in the morning (if this is not possible, collect urine at least two hours after the previous urination), collect mid-stream urine (A mid-stream urine sample means you don't collect the first or last part of urine that comes out. This reduces the risk of the sample being contaminated with bacteria)

### Proceeding as follows:

- **Men:** retract completely the glans and wash carefully genitals with soap and water
- **Women:** keep the big lips wide open wash carefully external genitals with soap and water
- rinse thoroughly and dry carefully with clean towels
- open the sterile urine box and Start to urinate, discard the first urine stream and collect a sample of urine "mid-stream" in the sterile box. Do not contaminate box edges with hands. Do not fill the box more than half
- screw the container back on completely
- store in the refrigerator and deliver to the laboratory or sampling center as soon as possible