
How to Collect a Midstream Urine (MSU)

IMPORTANT: TO ENSURE ACCURATE TEST RESULTS, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

Before collecting the urine specimen:

- A container will be given to you
- Wash hands with soap and water
- Open the container; be careful not to touch the inside of the container or lid.

Collecting the urine specimen:

- Remove the cap of the sterile container(s). Do not touch inside the cap or the bottle.
- The urine must pass into the container without touching the skin. **FEMALES** should separate the labia and **MALES** should retract the foreskin.
- Pass a small amount of urine into the toilet. **Stop** the flow and then begin urinating directly into the container until half full. **Stop** the flow. Finish urinating in the toilet. If you are requested to collect two samples, then use bottle #1 to collect the first part of your urine and bottle #2 for the remainder.
- Replace the cap of the container(s) tightly, again being sure not to touch inside the cap or the bottle.
- Wash hands after collecting the specimen.

Labeling the urine specimen:

- Clearly label the container and requisition with your **NAME** and **Provincial Health Card Number** (as they appear on your Health Card) and the Date and Time of collection.

Delivering the urine specimen:

- Promptly deliver the specimen to the laboratory / physician's office.
- The urine specimen **must** be delivered the same day it is collected.
- Keep refrigerated.