

How to collect a Mid Stream Urine (MSU) sample

- Before doing an MSU, wash your hands
- When you are ready to take your urine sample remove the whole yellow lid off pot but **do not** remove the sticky label from the top.
- **Women** - hold open the entrance to the vagina (your labia).
- **Men** - pull back your foreskin.
- Pass some urine into the toilet then, without stopping the flow of urine, catch some urine in the clear pot. Once your pot is about 3/4 full, finish off passing the rest of your urine into the toilet.
- Avoid touching any part of your genitals with the pot, as this will increase the risk of contamination. Put the yellow lid back on.

As soon as possible, and **within 2 hours**, transfer urine to the green topped bottle.

- The green top bottle contains preservative (white powder) which allows urine to be tested without the overgrowth of bacteria. Please do not open this bottle at any point of the process.
- Remove the label on top of the yellow pot and place the top of the green bottle into the hole in the pot so urine can be transferred without spillage or contamination. Do not turn the pot upside down during this process.
- Urine is now preserved. Label the bottle and take it to reception. The yellow pot can now be disposed of.

