

How to Collect a Sample for a Urine Culture

Collecting a Urine Sample

Read all the instructions before collecting a urine sample. It is important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

Before you get started, gather your supplies:

- collection cup
- towelettes
- soap.

Before You Collect Your Sample

Cleanse the area around the opening of your urethra.

- **If you have a penis:**
 - Cleanse the head with soapy towelettes. (If you are not circumcised, pull back your foreskin before cleansing.)
 - Rinse the cleansed area with a new towelette.
- **If you do not have a penis:**
 - Sit on the toilet and hold the labia apart.
 - Using a soapy towelette, cleanse between the folds of skin, wiping from front to back.
 - Rinse the cleansed area with a new towelette, wiping from front to back.

How to Collect Your Sample

- Hold the collection container with your fingers on the outside of the container. Do not touch the rim of the container.
- Begin urinating. After the urine has passed for several seconds, put the container in the urine stream and collect the urine.
- When the container is full, remove it from the urine stream and finish urinating in the toilet.
- Put the lid on the container. Make sure it is closed tightly.
- Put the label on the side of the container. Do not put the label on the lid.
- Write your name, date of birth and the time the sample was collected on the label.
- If you are collecting a urine sample at the clinic, give the container to a member of the clinic staff.
- If you are collecting a urine sample at home, keep the sample refrigerated. Bring the sample to your clinic within 8 hours of collection.