

Collecting a midstream sample of urine – Female



Infection control procedures apply

Always wear suitable protective equipment – apron and gloves

- Ensure service user privacy and dignity
- Inform the service user of what you are about to do and how they must proceed
- Encourage and /or assist the service user to clean her labial / vaginal (perineal) area with warm water and cotton wool balls
- Dry with a clean towel preferably paper towels if available
- Ask the service user to urinate into a toilet, urinal or bedpan
- Ask them to stop midstream of the urination
- Ask them then to continue to urinate into a suitable urine specimen (ideally with a removable funnel) container providing a suitable specimen volume and ask them to again stop urinating
- Remove the container and ask them to urinate the remainder into the toilet
- Ensure the specimen pot is secured and properly labelled
- Make sure the service user is comfortable
- Ask the service user if they would like to wash their hands
- Ensure you have labelled the pot and placed it into a proper specimen bag prior to it being sent off



- Waste material should be disposed of according to safe practice
- Dispose of your gloves and aprons and **wash and dry your hands**
- Complete a record of what you have done in the support plan notes