

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.

Sida Loo Qaado Sambal Loogu Talogalay Abuur Kaadi

Sida Loo Ururiyo Saambal Kaadi

Akhri dhamaan fariimaha ka hor ururinta sambal kaadi ah. Waa muhiim in la raaco fariimaha si saambalka loo ururiyo hab sax ah. Tani waxay gargaar ka geysan doontaa in natiijoyinkaaga baadhitaanka sax noqdaan.

Ka hor inta aanad bilaadin, meel isugu keen alaabtaada:

- koobka ururinta
- tuwaalo yaryar
- saabuun.

Ka-hor Inta Aanad Ururin Saambalkaaga

Nadiifi aagga ku wareegsan ibtaada.

- **Haddaad gus leedahay:**
 - Madaxa ku nadiifi tuwaalo ama shukumaano yaryar. (Haddii aan lagu gudin, dib u jiid maqaarka hore ka-hor nadiifinta.)
 - Ku sii dhaqdhaq aagga ad nadiifisaytuwaal cusub.
- **Haddii aanad lahayn gus:**
 - ku fadhiiso dusha fadhiga musqusha oo kala qaad ama fayd dibna siilka.
 - Adiga oo isticmaalaya tuwaal saabuun leh, nadiifi inta u dhexeysa laablaabka maqaarka, adiga oo masaxaadda ka bilaabaya xagga hore oo u sii wadaya xagga dambe.

(over)

- 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 back 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.

- Ku sii dhaqdhaq aagga ad nadiifisay tuwaal cusub, adiga oo masaxaadda ka bilaabaya xagga hore oo u sii wasaya xagga dambe.

Sida Loo Ururiyo Saambalkaaga

- Weelka ururinta ku hay farahaaga oo jira dibadda weelka. Ha taaban qarka weelka.
- Bilaw kaadida. Ka dib marka qaadidu socoto dhawr sekan, weelka ku qabo kaadida socota oo ururi kaadida.
- Marka weelku buuxsamo, ka hoos qaad kaadida socota oo kaadida inta kuu hadhsan ku dhameeyso musqusho.
- Furka ku celi weelka. U hubso in furku si adag u xidhan yahay.
- Warqadda qoraalka ku dheji dhinaca weelka. Warqadda qoraalka ha ku dhejin furka.
- Warqadda ku qor magacaaga, taariikhda dhalasho iyo wakhtiga sambalka la qaaday.
- Haddii sambalka kaadida lagaaga qaadayo gudaha xarun caafimaad, weelka u gee qof ka mid ah shaqaalaha xarunta.
- Haddii ad saambal kaadi ah ku ururinaysid guriga, saambalka ku hay qaboojiyaha. Saambalka keen xarunta caafimaadka gudaha 8 saac ka-dib ururinta.