

# 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 or cotton balls
- soap.

## Before You Collect Your Sample

### For Men

- Clean the head of the penis with wet, soapy towelettes or cotton balls.
- If you are not circumcised, pull back your foreskin and cleanse.
- Rinse the cleansed area with a new towelette or cotton ball that is wet with plain water.
- Remove the lid from the collection container. Be careful not to touch the inside of the lid or the inside of the container.

### For Women

- Sit on the toilet.
- Hold the labia apart and clean your perineal area (vagina and urethra) from front to back with wet, soapy towelettes or cotton balls.

- Rinse the cleansed area with a new towelette or cotton ball that is wet with plain water. Wipe from front to back.
- Remove the lid from the collection container. Be careful not to touch the inside of the lid or the inside of the container.

## 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.