

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.

Ua Li Cas thiaj Cug Zis rau ib txoj Kev Kuaj Seb Puas Muaj Kab Mob

Kev Cug ib co Zis Coj Mus Kuaj

Nyeem tag nrho cov lus qhia ua ntej pib cug zis. Tseem ceeb heev kom ua raws li cov lus qhia xwv kom koj cug tau raws li xav tau. Ua li no yuav pab kom tej kev kuaj yuav thwj.

Ua ntej koj pib, khaws txhua yam khoom uas koj xav tau:

- lub khob cug zis
- cov ntawv so los sis lub paj rwb
- xub npus.

Ua Ntej Koj Cug Ib Co Zis Coj Mus Kuaj

Rau Txiv Neej

- Siv cov ntaub so uas ntub los sis cov lub paj rwb koj los ntxuav lub hau qau.
- Yog koj tsis tau txiav daim tawv qau lawm, phlis daim tawv qau los thiab muab ntxuav.
- Siv ib daim ntaub so tshiab los sis ib lub paj rwb tshiab uas muab ntub dej los rov qab so qhov chaw ntawd.
- Tshem lub hau ntawm lub khob cug zis. Ua tib zoo tsis txhob kov sab hauv lub khob los lub hau.

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.

Rau Poj Niam

- Zaum ntawm lub qhov viv.
- Qhib daim di paum thiab siv cov ntaub so uas ntub los sis lub paj rwb koj los ntxuav koj chaw mos (qhov paum thiab qhov zis) pib pem hau ntej so rau yav nram qab.
- Siv ib daim ntaub so tshiab los sis ib lub paj rwb tshiab uas muab ntub dej los rov qab so qhov chaw ntawd. Pib so pem hau ntej mus rau yav nram qab.
- Tshem lub hau ntawm lub khob cug zis. Ua tib zoo tsis txhob kov sab hauv lub khob los lub hau.

Ua Li Cas thiaj Cug tau Koj Cov Zis

- Siv koj cov ntiv tes tuav sab nraum lub khob cug zis. Tsis txhob kov ntug khob.
- Pib tso zis. Tom qab twb tso zis rau ob peb xe nkoos hauv lub qhov viv lawm, cia li tso lub khob rau ntawm koj cov zis thiab cug ib co zis.
- Thaum lub khob puv lawm, tshem ntawm koj cov zis thiab tso zis kom tag hauv lub qhov viv.
- Kho lub hau rau ntawm lub khob. Ua tib zoo kaw kom ntom.
- Tso daim ntawv lo rau ntawm lub khob sab nraum. Tsis txhob muab daim ntawv lo rau lub hau.
- Sau koj lub npe, hnuv yug thiab koj tau cug zis thaum pes tsawg moos rau ntawm daim ntawv lo no.
- Yog koj tab tom cug zis hauv ib lub tsev kuaj mob, muab lub khob rau ib tug neeg uas ua hauj lwm hauv lub tsev kuaj mob.
- Yog koj tab tom cug zis tom tsev, khaws cov zis ntawd twj ywm hauv tub yees. Nqa cov zis ntawd mus rau koj lub tsev kuaj mob ua ntej dhau 8 xuab moos tom qab cug tau cia.