

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.

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 natiijooyinkaaga baadhitaanka sax noqdaan.

Ka hor inta aanad bilaadin, meel isugu keen alaabtaada:

- koobka ururinta
- tuwaalo/shukumaano yaryar ama kuusyo cudbi ah
- saabuun.

Ka-hor Inta Aanad Ururin Saambalkaaga

Ragga

- Madaxa qoodhaha ku nadiifi tuwaalo/shukumaano yaryar ama kuusyo cudbi ah oo saabuun leh oo qoyan.
- Haddii aan lagu gudin, dib u jiid ama fayd maqaarka oo nadiifi.
- Meesha aad nadiifisay ku sii nadiifi tuwaal/shukumaan yar ama kuus cudbi ah oo lagu qooyay biyo cad ama caadi ah.
- Furka ka qaad weelka ururinta. U hubso in aanad taaban gudaha furka ama gudaha weelka.

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.

Haweenka

- Ku fadhiiso musqusha.
- Kala qaad dibnaha hoosta oo nadiifi cawrada (siilka iyo ibta kaadida) adiga oo ka bilaabaya xagga hore oo u sii wadaya xagga dambe oo isticmaalaya tuwaalo/shukumaano yaryar ama kuusyo cudbi ah oo qoyan oo leh saabuun.
- Meesha aad nadiifisay ku sii nadiifi tuwaal/shukumaan yar ama kuus cudbi ah oo lagu qooyay biyo cad ama caadi ah. Masax adiga oo ka bilaabaya xagga hore oo u sii wadaya xagga dambe.
- Furka ka qaad weelka ururinta. U hubso in aanad taaban gudaha furka ama gudaha weelka.

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.