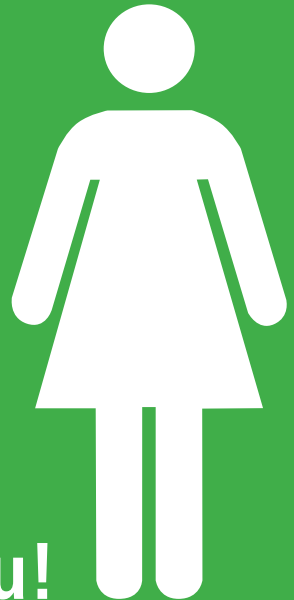


# How to produce a mid-stream urine sample

- Wash your hands
- Part your labia
- Pass some urine into the toilet bowl
- Without interrupting stream, catch some urine into the pot
- Finish passing urine as normal
- Ensure the lid is securely placed on the pot
- Wash your hands thoroughly
- The nurse will collect your sample



If you drop  
your container,  
please ask for  
another one

## Thank you!

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email [patientexperience@uhb.nhs.uk](mailto:patientexperience@uhb.nhs.uk).