



<b>PROCEDURE:</b>	<b>URINE CULTURE (ADULT)</b>
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Medical supplies

- Sterile urine container;
- Antiseptic towelette;
- For women: please advise your doctor if you are menstruating.
- Stability<sup>1</sup> :
  - 24 hours refrigerated 2 – 8°C

Collection

- 1) Wash your hands with soap and dry thoroughly prior to beginning the collection;
- 2) Remove lid from container and set lid aside facing upwards. Do not touch the inner surfaces of the container or the lid;
- 3) Women :
  - It is recommended to wash genital area before collection;
  - Squat over the toilet;
  - Separate the skin of the vulva and using the antiseptic towelette, wash the area front to back;
  - Discard the towelette in the wastebasket;
  - Continue to hold the skin folds apart and continue with step 4.
- Men :
  - It is recommended to wash genital area before collection;
  - Using the towelette that is provided, wash the tip of the penis;
  - Discard the towelette in the wastebasket.
  - Continue with step 4.
- 4) Start urinating into the toilet (1<sup>st</sup> stream);
- 5) Continue urinating into the sterile container. A minimum volume of 15mL is required for analysis (midstream);
- 6) The last part of your voiding should also be voided into the toilet (last stream);
- 7) Tightly close the urine container;
- 8) Identify the container:
  - First and last name;
  - Date of birth and/or Medicare number;
  - Date and time of collection.
- 9) Return the container immediately to your physician or to the laboratory.

<sup>1</sup> Transport et conservation de spécimens dans le domaine de la biologie médicale, OPTMQ, third edition, 2003, p. 41.