

Urine Collection: Male

Patient Information - Microbiology

Your Doctor has requested a urine sample for examination. This test is very important to assess your health and will only give useful results if collected properly.

NOTE: It is important to collect your urine sample BEFORE starting any antibiotic medication.

Please use the following instructions to make your collection:

1. Label the specimen pottle provided with your name, date of birth and date of collection.
2. Wash your hands.
3. As normal bodily secretions can alter the result it is important you wash the area from which you pass urine. To do this, moisten a piece of toilet tissue with tap water. Pull back the foreskin of your penis (if necessary), and wipe away from the opening with the toilet tissue. Discard the tissue.
4. Remove the lid of the specimen pottle, being careful not to touch inside.
5. Pass a small amount of urine into the toilet, then, ensuring you are holding the jar from the outside, catch some urine in the pottle, mid-stream.
6. When you have filled the pottle to half full you have enough collected for the laboratory. (The remaining urine can be passed into the toilet).
7. Once finished, please screw the lid on the container **FIRMLY**, and wash your hands.
8. Take the sample to the laboratory on the same day as collection.

For a full list of the Christchurch collection centres and their opening hours please visit www.bloodtest.co.nz or contact 0800 THE LAB (0800 843522)

Ashburton: CHLabs, Ashburton Hospital, Elizabeth Street, Ashburton
Phone: 03 307 8456, email AshLab@cdhb.health.nz