

Urine Collection: Female

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 and sit on the toilet seat.
3. As normal bodily secretions can alter the result it is important you wash the area from which you pass urine, using a cleaning action from the front of your body to the back avoiding the anal area. Dry the area.
4. Remove the lid of the specimen pottle, being careful not to touch the inside of the pottle.
5. Pass a small amount of urine into the toilet.
6. Hold the pottle under the stream of urine, to collect the urine into the pottle. Please make sure you are holding the jar from the outside, and do not allow the skin of your fingers to touch the inside of the jar or lid.
7. When you have filled the pottle to half full you have enough collected for the laboratory.
8. Once finished, please screw the lid on the container FIRMLY, and wash your hands.
9. 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.chl.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