**Urine Sample Collection for Urinary Tract Infections**

**Why do I need a urine sample?**

****If you are having symptoms of a urinary tract infection, a midstream urine sample (MSU) can help identify which bacteria are causing the infection. This helps to choose the right antibiotic for you.

Please do NOT bring in a urine sample unless you have been asked to do so. The doctor might prescribe a treatment based on symptoms only.

**How to take a midstream urine sample**

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Wash your hands and ideally your genitals as well. Hold open the entrance to your vagina/ pull back your foreskin. Pass the first bit of urine into the toilet. Then, without stopping the flow, catch some urine into the sterile container, typically a red top bottle containing a powder. Be careful not to touch the top of the bottle or inside of the lid with your hands or genitals. If you have been provided with a sterile foil bowl, pass the urine into the bowl and then transfer to the bottle. The bowl makes it easier to aim your stream.

**The importance of a ‘clean’ sample**

Urine does not naturally contain bacteria, but your skin does. If bacteria from your skin (e.g. your hands or genitals) get into the sample, the test might be inconclusive. This can delay your treatment and you might have to re-take sample.

**How soon to hand the sample in**

The sooner you can hand in the sample after having taken it, the better. It will need to be collected and processed by the laboratory. Specimens will be collected from the surgery every weekday around 11am, so ideally you will have taken the sample in the morning.

<https://patient.info/mens-health/urine-infection-in-men/midstream-specimen-of-urine-msu>