

Instructions for urine sample collection for an urine culture test

Urine culture test is a bacteriological examination of urine. In order to avoid the possibility of getting the false-positive urine culture test results (bacterial contamination from the skin of the external genitalia or hands) it is necessary to follow the instructions for proper urine collection.

- ❖ please wash your hands with soap and external genitalia with warm water before collecting urine sample
- ❖ please collect a mid-stream urine sample of the first morning urine (or the urine which has been in the urinary bladder for at least 4 hours).

For women:

- ❖ spread your major lips (*lat. labia majora*) of the vulva with clean fingers
- ❖ wash the external genitalia with water
- ❖ release the first portion of the urine stream into a toilet
- ❖ collect around 50 mL of urine with continuous urinary stream in a sterile container
- ❖ close the container tightly with a cap without touching the inner side with the fingers.

For men:

- ❖ pull the foreskin of the penis with clean fingers
- ❖ clean the genitalia with water
- ❖ release the first portion of the urine stream into a toilet
- ❖ collect around 50 mL of urine with continuous urinary stream in a sterile container
- ❖ close the container tightly with a cap without touching the inner side with fingers.

Urine sample is to be delivered to the laboratory within 2 hours.