

Clinical Laboratory

Urine culture collection instructions

To properly collect a urine sample for a urine culture, follow these steps:

- Wash your hands thoroughly with water and soap.
- Wash the external genital area with water and soap, then rinse thoroughly.

For Proper Cleaning:

- MEN: Retract the foreskin to expose the glans.
- WOMEN: Use one hand to separate the labia during both washing and collection.
Wash and rinse with movements from front to back.
- Open the container, taking care not to touch the inside or the lid with your hands.
- Begin urinating and discard the first part of the urine stream.
- Collect the next portion of urine directly into the container.
- Immediately close the container securely.
- Deliver the sample to the clinic as soon as possible or store it at +2°C–8°C for a maximum of 4 hours.

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