

**Your Doctor has asked you to collect a Mid-Stream Urine (MSU) specimen for Pathology testing.**

**Females:**

Wipe your labia front to back with a sterile water wipe, throw the wipe in the bin and do this two more times.

Urinate (wee) the first, little bit into the toilet and then urinate into the yellow-topped container until half full. This is the mid-stream urine.

Screw the lid on the container to close tightly.

Do not collect your urine during your period.

Write your full name, date of birth, and the time and date of the collection on the container.

Take the container and your request form to an Austin Pathology Collection Centre.

Note: A minimum of 10mls is required for this test.

