

# Female Mid-Stream Urine Collection

If menstruating, insert a clean tampon

1. Wash your hands



2. Using a clean moist tissue or toilet paper separate the labia (skin folds) and wipe from front to back.



3. Pass some urine into toilet first.



4. Pass some urine into the container provided without touching the inside of the bowl.



5. Finish passing urine into toilet.



6. Please bring the yellow-topped container to the pathology collector.



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