



**DIAGNOSTIC
MEDLAB**

Instructions for the collection of a MID STREAM URINE SPECIMEN

1. Take the plastic dish in one hand.
2. Pass a small amount of urine into the toilet and then pass some urine into the plastic dish - this is the urine specimen the laboratory tests.
3. If your bladder is not yet empty, pass the remaining urine into the toilet.
4. Unscrew the lid off the test tube provided and half fill it with urine from the plastic dish. Then screw the lid back on.
5. Return specimen to a Diagnostic Medlab Collection Room on the day of collection.

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