

How to get a midstream urine sample

(cleaning vaginal area)

Your child needs a urine test to see if she has an infection.

Follow the steps in this pamphlet to collect a midstream sample of her urine for testing.

'Midstream' means taking the sample from the middle of the stream of urine, not what comes out first or last.

**Please read all instructions
before you begin!**

Get ready

1. Tell your child what you are going to do.

For example: “When you stand at the toilet, I’m going to wash between your legs. When you pee, I will catch some in this container.”

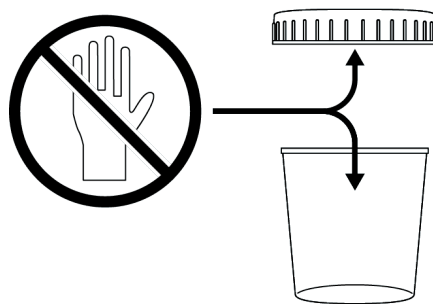
2. Wash your hands with soap and water. Rinse and dry your hands.



3. Ask your child to stand at the toilet.

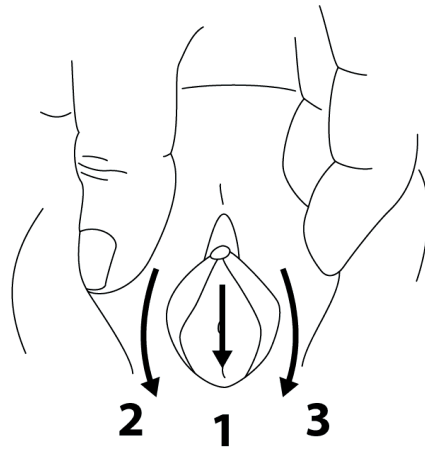
4. Open the container without touching the inside of the container or lid.

5. Place the lid (with the inside facing up) within reach.



Clean the area

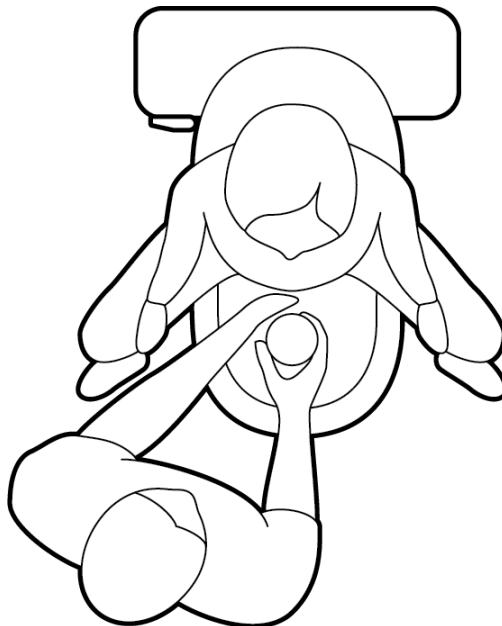
1. Remove the wipe from its package.
2. With one hand, gently open the folds of skin in the genital area (labia). Hold the labia apart until the sample is collected.
3. With your other hand, clean between the labia. Use three strokes from front to back, using a clean part of the wipe each time:
 1. Clean down the middle
 2. Clean down one side
 3. Clean down the other side



4. After cleaning, throw the wipe in the garbage.

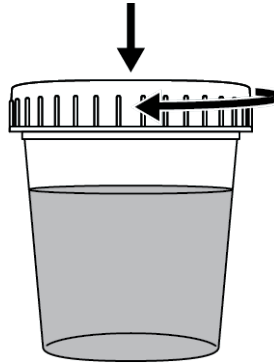
Get the sample

1. Continue to hold the labia apart with one hand.
2. Hold the container with your other hand.
3. Ask your child to start to pee and not to stop until they are finished.
4. While your child is peeing:
 - Move the container into the stream of urine (without touching their skin).
 - Catch some urine (filling about $\frac{1}{4}$ of the container).
 - Remove the container from the stream and let them finish peeing in the toilet.



Return the sample

1. Put the lid on the container without touching the inside of the lid or container. Make sure the lid is tightly closed.



2. Dry the container with paper towels.
3. Wash your hands with soap and water. Rinse and dry your hands.



4. Give the container to the nurse.