

## **Mid-stream urine collection (for girls)**

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Your child needs a urine test. Follow these steps to get a clean sample of urine (pee). Tell her what you are going to do: “While you sit on the toilet, I’m going to wash between your legs. When you pee, I will catch some in this container.”

1. Wash your hands with warm, soapy water. Rinse and dry them.
2. Write your child’s name on the label. Stick the label on the container.
3. Open the container. Do not touch the inside of the container or the lid. Set the lid down with the inside facing up.
4. Ask your child to sit well back on the toilet, with her legs apart.
5. Use a clean cloth with mild soap. Wash the outside of the folds of skin (labia). Wipe from front to back.
6. With one hand, gently spread apart the labia.
7. With your other hand, use another clean, wet cloth to wash between the labia. Wipe from front to back.
8. Continue to hold the labia open. Ask your child to start to pee and try not to stop until she is finished.
9. With your other hand, pick up the container without touching the inside.
10. As she continues to pee, move the container into the stream of urine. Do not let the container touch her skin. Catch about 30 to 60 ml (1 to 2 ounces) of urine.
11. Remove the container from the stream before she stops peeing. Let her finish peeing in the toilet.
12. Put the lid on the container without touching the inside of the lid or container. Make sure the lid is tightly closed. Dry the container. Put the container in the plastic bag and close it tightly.
13. Wash your hands with warm, soapy water. Rinse and dry them.

**Take the sample to the Laboratory within 2 hours or keep it in the refrigerator for up to 24 hours.**