

## Patient instructions

**To get the best out of your test, please follow below instructions:**

### **Specimen labelling and delivery:**

- Make sure your full first and last names and date of birth (dd/mm/yy) are clearly written on the specimen container
- Ensure date and time of collection are written on the form.
- Drop of your sample off at the Waikato hospital laboratory reception area, nearest depo or GP/clinician as soon after collection as possible.
- You may refrigerate your sample if you anticipate a delay.

### **Collection procedure:**

1. Pass the first portion of urine in the toilet.
2. Then pass the second stream of urine into a sterile container – this is the Mid-stream urine specimen required.
3. Try to fill the container to the 50mL line.
4. Screw the lid on tightly.
5. Label the specimen container with full name, date of birth, NHI (if known) and date and time of collection.
- 6. Ensure date and time of collection are written on the form.**
7. Place the specimen into the main pocket of the bag and close the bag.
8. Place the request form (obtained from your GP/Clinician) in the outside pocket of the same bag.
9. To be delivered to the laboratory promptly or kept in the fridge, until it can be delivered.