

Collecting a mid-stream urine sample

Instructions for our patients

Your doctor has ordered a laboratory test, which requires that you collect a urine sample. You can help ensure the accuracy of this test by following these instructions.

Important: Read all instructions before beginning the collection process.

Urine collected midway through the urination process is necessary so that any bacteria present around the urethra and on the hands do not contaminate the specimen.

Collection of mid-stream urine:

1. Read the instructions carefully, and follow each of the steps to ensure you collect the correct specimen for the test. Early morning urine specimens are preferred; although urine collected at other times of the day are acceptable.
2. Use the sterile screw-capped urine container provided to you for collection.
3. Complete the information requested on the container label. Make sure you include:
 - Your full name
 - Date of birth
 - Date and time you collected the specimen
4. Wash and dry your hands thoroughly with soap and water.
5. Remove the cap on the container and set it aside. Do not touch the inner surface of the cap, the rim or the inside of the container. Touching the cap, the rim or inside of the container will cause contamination with bacteria that normally reside on skin, invalidating the test.
6. Women: Keep the legs apart and hold the skin folds (labia) apart while voiding.
Men: Retract the foreskin, if uncircumcised, while voiding.

Contact Information

If you do not understand these instructions or you have questions, please call one of the laboratories listed below. All laboratories are normally open Monday through Friday, 8 a.m. to 5 p.m.


Good Samaritan Regional Medical Center
(541) 768-5059

Samaritan Albany General Hospital
(541) 812-4150

Samaritan Lebanon Community Hospital
(541) 451-7135

Samaritan North Lincoln Hospital
(541) 996-7176

Samaritan Pacific Communities Hospital
(541) 574-1812

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7. Pass a small amount of urine into the toilet not the cup. Doing so prevents bacteria that normally reside on the urethra from contaminating your sample.
 8. Midway through urination, move the container into the stream of urine and fill the container about one half to two thirds full.
 9. You may finish voiding into the toilet until the bladder is empty.
 10. Replace the cap and tighten firmly.
 11. Wash your hands thoroughly with soap and water.

Deliver the container to any Samaritan Health Services laboratory as soon as possible after completion of the collection. If the urine cannot be delivered to the laboratory within 1-2 hours, it needs to be refrigerated. Urine refrigerated for more than 24 hours cannot be used for culture and will be rejected by the laboratory.