

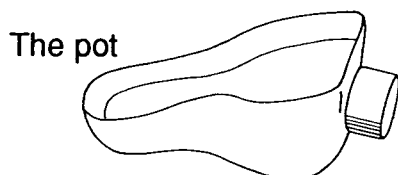
## INSTRUCTIONS FOR A MID-STREAM URINE SPECIMEN FOR MEN

Please read these instructions carefully. It is important that you do this properly so that the test results are accurate.

1. Wash your hands well.

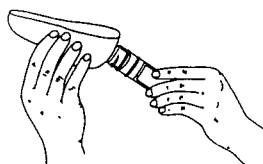
**Before you open the packet** remember that even though you have washed your hands you must **not** touch the inside surfaces of the items in it.

2. Open the pack and remove:



The bottle lid

3. Push the bottle onto the pot funnel



4. Clean the tip of the penis with the towelette provided and pull back the foreskin.

5. Pass a little urine into the toilet first.

6. Then pass enough urine into the yellow pot to half fill it and finish urinating into the toilet.

7. Once the **bottle** is full pour any excess urine back into the toilet. You will find that the bottle does not leak when you turn it upside down.

8. Remove the bottle from the pot and screw the lid tightly onto the bottle. Throw the pot into the waste bin.



9. Take your bottle to the nurse.



THANK YOU FOR YOUR CO-OPERATION.

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.

# Instructions for a mid-stream urine specimen for ladies

Please read these instructions carefully. It is important that you do this properly so that the test results are accurate.

1. Wash your hands well.

**Before you open the packet** remember that even though you have washed your hands you must **not** touch the inside surfaces of the items in it.

2. Open the pack and remove:

The pot — The bottle — The bottle lid

3. Push the bottle onto the pot funnel.

4. Clean your vulva area (crutch) with the towelette provided, wiping from front to back. Separate the labia (the little flaps of skin) with one hand.

5. Pass a little urine into the toilet first.

6. Then pass enough urine into the yellow pot to half fill it and finish urinating into the toilet.

7. Once the bottle is full pour any excess urine back into the toilet. You will find that the bottle does not leak when you turn it upside down.

8. Remove the bottle from the pot and screw the lid tightly onto the bottle. Throw the pot into the waste bin.

9. Take your bottle to the nurse.

## THANK YOU FOR YOUR CO-OPERATION.

NOTE: Pregnant women need to insert a tampon into the vagina before giving a specimen.

This will ensure that the specimen is not contaminated by any germs that are present in the increased vaginal discharge which occurs during pregnancy.

Health

Translation

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