**UTI: Collecting Mid-Stream Urine Specimen**

1. Use an approved empty sterile container.

2. Label the container with the following:
   - Resident’s full name
   - Resident’s date of birth
   - Date and time of collection
   - Resident’s unit or ward and room number

3. Complete the requisition according to the laboratory protocol and insert the requisition in the outside pouch of a clear plastic transport bag.

4. Perform hand hygiene and put on gloves.

5. Remove the lid from the empty container and carefully set the lid upside down, making sure not to touch the inner surface of the lid.

6. Instruct the resident to pass a small amount of urine into the toilet (*this initial stream of urine may be contaminated with skin and urethral bacteria*). Then, collect urine from the stream into the container. Fill the container ¼ to ⅔ full—do not overfill. This is a mid-stream urine specimen.

7. Put the lid on the container and secure it tightly.

8. Place the specimen container in the sealable pouch of the clear plastic transport bag.

9. Remove gloves and perform hand hygiene.

10. Place immediately in specimen refrigerator. Keep the urine sample refrigerated and submit it to the laboratory within 24 hours of collection.

This resource is part of Public Health Ontario’s UTI Program. For more information please visit [www.publichealthontario.ca/UTI](http://www.publichealthontario.ca/UTI) or email [ipac@oahpp.ca](mailto:ipac@oahpp.ca).