

Mid Stream Urine Collection

Why am I having this test?

Your doctor has requested this test to determine any presence of bacteria in your urine. The results of this test will assist your doctor in making a diagnosis and determine treatment.

What do I need to do?

Your doctor will have given you a urine container or you will have picked one up from an ACT Pathology centre. **(Do not use any other containers other than one issued by your Doctor or Pathology).**

In order for this test to be as accurate as possible mid stream specimen of urine is preferred. To obtain a mid stream specimen of urine it will be necessary to:

1. Commence passing urine into the toilet
2. Collect a specimen of urine mid stream
3. Complete emptying your bladder into the toilet

Once you have collected the specimen, make sure that the lid is screwed on firmly and labelled with your **(Name, Date of birth, date and time of collection)**.

Please return your specimen to one of the ACT Pathology centres listed below for testing.

ACT Pathology Collection Centres

- The Canberra Hospital - Ph 5124 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.15
- University of Canberra Hospital - Ph 5124 0230
Mon - Fri 8.00 – 4.15
- Gungahlin - Ph 5124 1135
Mon - Fri 7.30 - 4.30
Saturday 8.30 – 12.30
- Belconnen Health Centre - Ph 5124 1502
Mon - Fri 8.00 - 5.00
- Tuggeranong Health Centre - Ph 5124 1352
Mon - Fri 8.00 - 5.00
Saturday 8:30-12:00

Phone 02 5124 2932 Fax 02 5124 2815
actpathology@act.gov.au
www.health.act.gov.au/services/act-pathology
Gilmore Crescent Garran ACT 2605 PO Box 11 Woden ACT 2606

