

How do I do a midstream specimen of urine (MSU) ?

Prior to doing an MSU, wash your hands and genitals.

Women - hold open your labia (entrance to the vagina). Men - pull back your foreskin. Pass some urine into the toilet. Then, without stopping the flow of urine, catch some urine in a sterile bottle. (The bottle is usually provided by a doctor or nurse.) Once you have enough urine in the bottle, finish off passing the rest of your urine into the toilet.

Do not open the sterile bottle until you are ready to take the sample. You do not need to fill the bottle to the top, a small amount will do. (Some specimen bottles contain a preservative. If this is the case, a mark on the bottle will indicate the ideal amount of urine. However, if that is difficult, any amount is better than none.) Avoid touching any part of your genitals with the bottle, as this will increase the risk of contamination. Put the cap back on the container. The sooner the sample is given in to the doctor's surgery, or to the laboratory, the better. Within two hours is best. If that is not possible, put the sample in the fridge until you take it to the doctor or laboratory. The result of an MSU takes 2-3 days.