
How to Collect a First Stream Urine

(Chlamydia/GC Testing)

Note: This is NOT the same as collecting a midstream urine specimen (MSU).

IMPORTANT: TO ENSURE ACCURATE TEST RESULTS, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

Before collecting the urine specimen:

- Do not urinate (pee) for at least one (1) hour before collecting your urine specimen. Do not cleanse the genital area.
- A container will be given to you
- Wash hands with soap and water
- Open the container; be careful not to touch the inside of the container or lid.

Collecting the urine specimen:

- Catch the urine (pee) directly into the container.
- Collect the first part of the urine (initial stream).
- Fill the container about 1/3 full.
- Place lid tightly on the container. Do not touch the edges or inside of the container.
- Wash hands after collecting the urine specimen.

Labeling the urine specimen:

- Clearly label the container and requisition with your **NAME** and **Provincial Health Card Number** (as they appear on your Health Card) and the Date and Time of collection.

Delivering the urine specimen:

- Promptly deliver the specimen to the laboratory / physician's office.
- The urine specimen **must** be delivered the same day it is collected.
- Keep refrigerated.