



# Provtagning för urinodling - mittstråleurin

## Sampling for urine cultivation

### Patient instructions

Sampling vessels can be obtained from the laboratory or clinic. Do not eat or drink vitamin preparations containing vitamin C (ascorbic acid) in the last 24 hours before sampling. When the urine sample is taken it should have been at least 4 hours since you last urinated. It is therefore preferable that the test be taken in the morning.

### Do as follows:

**Women:** Spread the labia

**Men:** Retract the foreskin

1. Start peeing and let the first urine drain into the toilet. With the first urine, contaminants that can be left in the urethral mouth are rinsed away.
2. Insert the sampling vessel into the urine ray and collect the sample.
3. Then remove the vessel so that the final urine is not included in the sample.
4. Pour 3-5 mL of urine into the sterile sample tube with yellow cork. Attach the label with your personal identification number to the tube. Store and transport the sample cold, preferably in a plastic bag with ice cubes. Return the sample to the laboratory as soon as possible, preferably the same day.

