

Appendix 1

Specimen Collection Instructions

Midstream Urine Specimen Method (MSU)

You will be given a plastic container with lid, and 2 wet-wipes.

Cleansing before collecting the urine specimen

You will be asked to wipe your hands with 1 of the wet-wipes. You should then throw this into the Yellow waste bin.

You will be asked to thoroughly cleanse the entire genital area using the second wet-wipe and then throw this into the Yellow Waste bin

You will be asked to hold the outer edges of labia apart and cleanse from front to back with the wipe.

Please do not throw the wet-wipes into the toilet bowl, but into the yellow bin

Collecting the urine specimen

You will be asked to continue to hold labia apart while urinating and then follow the following instructions.

1. Urinate (pee) a small amount of urine into the toilet.
2. Then without stopping, catch some urine into the plastic container by passing it into the urine stream.
3. As the stream comes to the end move the plastic container away and urinate (pee) the rest into the toilet.
4. Put the lid onto the plastic container.
5. Give the urine specimen to the nurse or doctor.

Peezy Midstream Urine Specimen Method (Peezy MSU™)

You will be given a Peezy Urine collection device, and 1 wet-wipes.

Cleansing before collecting the urine specimen

You will be asked to wipe your hands with 1 of the wet-wipes. You should then throw this into the Yellow waste bin.

You will be asked to thoroughly cleanse the entire genital area using the wipe provided in the Peezy MSU and then throw this into the Yellow Waste bin.

Collecting the urine sample:

1. You attach the collection bottle to the Peezy.
2. Position the Peezy against the body.
3. Sit well back on the toilet.
4. Pass urine.

As you begin to pass urine, the first part of the stream passes through the funnel and begins to cause a piece of sponge to swell, thereby blocking the flow through the funnel. The midstream specimen is then channelled into the universal container, and the remainder is channelled through an overflow duct and into the toilet.

5. Wait ---seconds to ensure all urine has been passed.
6. Screw the top onto the urine collection bottle.
7. Discard the Peezy into the bin.

8. Give the urine specimen to the nurse or doctor.

Natural void method

You will be given a plastic container with lid, and 2 wet-wipes.

Cleansing before collecting the urine specimen

You will be asked to wipe your hands with 1 of the wet-wipes. You should then throw this into the Yellow waste bin.

You will be asked to thoroughly cleanse the entire genital area using the second wet-wipe and then throw this into the Yellow Waste bin.

Collecting the urine specimen

1. Urinate (pee) all the amount of urine into the plastic container until you have filled the container.
2. Put the lid onto the plastic container.
3. Give the urine specimen to the nurse or doctor.