

# Midstream specimen of urine

Here's how to do it!



**1** Wash your hands with soap and water, then dry them well.



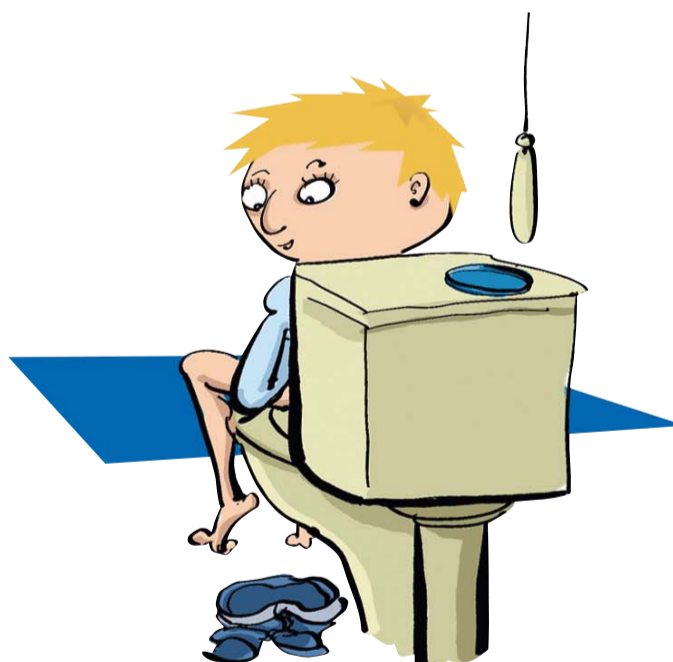
**2** **Cleanse the genital area** – especially around the urethral opening – with soap and rinse thoroughly with water. **Please do not dry!**



**3** Open the specimen cup. Please do not touch the inside of the cup or the lid, and put the lid down with the inside facing upwards.



**4** Pass a little urine into the toilet.



**5** Then catch the next part of the urine stream in the specimen cup. **Take care that the cup does not touch your body.**



**6** Now put the lid on the cup, and hand it over to be examined.