

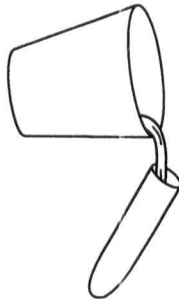
Southwood Practice Mid-Stream Urine Collection

1. Collect the urine using the cup supplied. Sample should be taken mid-stream. Do NOT collect the first or last part of the urine.
2. Remove the lid from the bottle by carefully twisting and pulling.
3. Pour the urine sample from the cup into the bottle provided and then dispose of the cup. Do not over fill the bottle.
4. Push the lid on to the bottle firmly to ensure no possible leakage.
5. Clearly fill out the label in full on the bottle (e.g. Full name + DOB)
6. Return the sample in the bottle to the Surgery as soon as possible – Our reception is open from 08:30-18:30. Do not leave the sample when the surgery is closed.

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