

Collection of midstream, spot or random urines

What is a midstream, random or spot urine?

Your doctor has asked you to provide a sample of your urine for testing. You do not have to collect all the urine you pass (hence the name random or spot urine), just a small sample in the sterile pot provided. Mid stream just means the urine you pass when you are partway through voiding (emptying) your bladder.

Why would I need this procedure?

Your doctor has asked you to do this so that your sample can be tested for a variety of different things depending on your condition. This will help your doctor to properly diagnose and treat you in the best way.

What are the symptoms that have led to me having this procedure?

There are many and varied reasons why your doctor has asked you to collect urine for testing and your doctor should have discussed this with you before or when you were asked to make a urine collection.

What are the alternatives?

Not collecting urine may mean that you may have to have another type of test instead such as a blood test. Sometimes this may not be possible and indeed, you may find that you need other tests such as a blood test as well as your urine test to best diagnose or treat your condition.

What are the potential risks and side effects?

Urine collection is a safe, non-invasive procedure that is usually easy to carry out.

What are the expected benefits of treatment?

By carrying out this procedure as instructed you are helping your doctor diagnose and or treat you in the best way possible.

Where will the procedure take place?

You may collect your sample wherever there are suitable facilities. This may include your home, at your GP surgery, at work, or at your local hospital's Outpatient Department for example. Remember though, if you are not then taking your sample straight to specimen reception at your local hospital or handing it to your GP surgery for transportation, it will have to be stored properly.

How to collect your sample

- Accuracy of the test results depends on the accuracy of the specimen collection. Instructions must be followed carefully.
- Collect in a clean environment.
- During specimen collection the collection container should be held in such a way that contact with the legs or clothing is avoided.

Confirm the collection container is labelled correctly with:

- your (patient) first and last name and

- another identifier such as the date of birth or healthcare number.
- Include the date and time of collection.

Incorrectly or incompletely labelled specimens will not be tested, nor will samples received in any container other than the sterile one you were provided with. If you need help with or are not sure about the labelling on your sample, ask the person you hand it to.

Unless instructed otherwise by your doctor it is usually best to collect an early morning sample as these tend to be more concentrated.

- Wash hands with soap and water, rinse and dry hands.
- Remove the lid from the collection container and set aside.
Avoid touching the inside of the collection container and lid.
- Void (pee) a small portion of urine into the toilet. Momentarily stop the urine flow, then resume the flow and collect a portion of the urine into the container.
- Void (pee) the remainder of urine into the toilet.
- Tightly secure the lid.
- Wash hands thoroughly.
- Write date and time of collection on collection container(s) label and on the laboratory request form.

The specimen should be delivered as soon as conveniently possible after completing the collection to the 'specimen reception hatch,' at your local hospital. Please aim for this to be between the hours of 09:00 -17:00 Monday to Friday so that your urine can receive appropriate attention. It may be more convenient for you to drop your completed sample off at your GP surgery for transportation. Please contact your surgery to arrange this.

If collecting at home and delay is unavoidable keep the specimen in the refrigerator and bring to the laboratory as soon as possible.

For the results of your test, please contact your doctor.

Sources of information

www.labtestsonline.org - a web site about lab tests in general written for a general audience.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

Written by: Suzanne Fuggle (Consultant Clinical Scientist, Conquest Hospital).

The following clinicians have been consulted and agreed this patient information:
Dr S.K.Bangert Chemical Pathologist (Eastbourne District General Hospital)

Next review date: December 2023
Responsible clinician/author: Suzanne Fuggle

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk