

# Instructions for Mid Stream Urine (MSU) Collection

## Pathology Patient Information

### **Why the test is performed**

The Mid Stream Urine (MSU) test can be used for a routine urinalysis, a urine culture, or other urine tests that require pure urine for accurate results.

### **How to prepare for the test**

The external area around the urinary tract outlet naturally contains bacteria, which can contaminate a urine sample. The MSU method is used to prevent these bacteria from getting into the urine sample.

As MSU samples are prone to contamination, it will be most important to cleanse the area of the urethra thoroughly with soap and water before collecting. This reduces the contamination rate greatly.

Producing an MSU is not always easy - the first portion of urine needs to be passed into the toilet to wash out any microbes from the end part of the urinary tract. It is the middle section of the urinary flow that is collected for laboratory analysis.

Note: It is best not to collect the first urine sample that is voided after a night's sleep.

### **How the test is performed**

To obtain a MSU, boys and men should wipe the head of the penis clean. Girls and women need to wipe between the vagina "lips" (labia) with soapy water and rinse well. Your doctor may give you a special MSU kit that contains a cleansing solution and sterile wipes. Do not use antiseptics, as they may affect the result.

To perform this test, first urinate a small amount into the toilet bowl to clear the urethra of any contaminants. Then, collect a sample of urine in a clean or sterile container provided. About 20 - 30 mls of urine is needed for a test. Remove the container from the urine stream without stopping the flow. You may finish urinating into the toilet bowl.

## Babies and infants

This can be quite a challenge! For both babies and infants, the genital area should be cleaned and dried. An appropriately sized receiver will be provided to assist with the collection.

For babies and small infants, it is best to lay them flat with the nappy off and wait for them to pass urine. For toddlers, it is a question of deciding what would be the best approach for your own particular child.

## Storage

If the specimen is not transported immediately to the laboratory then it should be kept in the refrigerator.

## Transporting the Specimen

Once the specimen has been produced, please ensure that the screw top is safely secured to prevent leakage.

Please make sure the specimen container is labelled with your name, date of birth and the date and time that the specimen was obtained.

Place the specimen container within the individual transparent plastic bag provided (unless 24 hour urine) and seal the bag using the integral sealing strip. If you are producing more than one specimen, then please use a separate bag for each specimen produced.

If you have been provided with the request form then please place this in the sleeve of the transparent plastic bag. A further non-transparent bag may be provided to ensure that the specimen(s) may be transported in a discreet way.

Bring to the hospital as near to the time that the specimen was obtained keeping the specimen upright if possible.

If there is a leakage in transit, then on arrival to the hospital, let the member of staff know that the specimen has leaked. The member of staff will dispose of the specimen appropriately. Whilst this is very rare, leaking samples cannot be tested safely, so you will be required to produce another sample.

## Returning Samples

Outpatients Department opening times are:  
8.30am to 9.00pm Monday – Friday  
8.30am to 3.00pm Saturdays.  
Closed Sundays and bank holidays.

## Patient Confidentiality

In order to maintain patient confidentiality, The Pathology Laboratory cannot issue results directly to patients or to their relatives, either in person, by telephone or via email. Patients must obtain their results directly from their consultant.

**Call: 020 8936 1201 (Outpatients Appointments)**

**Call: 020 8505 3311 (Main Switchboard)**

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