

Mosby's Nursing Video Skills

Procedure Guideline for Collecting a Midstream Urine Specimen

1. Verify the health care provider's orders.
2. Gather the necessary equipment and supplies.
3. Perform hand hygiene.
4. Provide for the patient's privacy.
5. Introduce yourself to the patient.
6. Identify the patient using two identifiers, such as the patient's name and date of birth or name and account number, according to your agency's policy. Compare the patient identifiers in the medication administration record (MAR) with the information on the patient's identification bracelet, and/or ask the patient to state his or her name.
7. To collect a clean-voided urine specimen:
 - A. Apply clean gloves. Give the patient a cleansing towelette or a towel, washcloth, and soap to cleanse the perineum, or assist the patient in doing so. If the patient is unable to get out of bed, help him or her onto a bedpan to facilitate access to the perineum. Remove and dispose of your gloves.
 - B. Open the sterile specimen container, maintaining the sterility of the inside of the container. Set the cap down with the sterile inside facing up. Do not touch the inside of the cap or the container.
 - C. Allow the patient to cleanse the perineum and collect the specimen independently, if the patient is able to do so. The amount of assistance needed will vary with each patient.
 - D. Apply clean gloves.
 - (1) To collect a specimen from a male patient:
 - a. Hold the penis with one hand. Use a circular motion to cleanse the meatus with an antiseptic towelette, moving from the center to the outside. Cleanse the area three times, using three different towelettes. If the patient is uncircumcised, ask him to retract the foreskin so that the meatus can be cleaned effectively. Keep the foreskin retracted as he voids, and return it to its natural position when he's finished.
 - b. Rinse the area with sterile water, and dry it with cotton balls or gauze pads if your agency's policy requires.
 - c. After the patient initiates the urine stream into the toilet or bedpan, have him pass the urine specimen container into the stream and collect 90 to 120 mL of urine.
 - d. Remove the specimen container before the flow of urine stops and before releasing the penis. Permit the patient to finish voiding into the bedpan or toilet. Help the patient with personal hygiene as appropriate.
 - (2) To collect a specimen from a female patient:
 - a. Spread the labia minora with the fingers of the nondominant hand.
 - b. With the dominant hand, cleanse the urethral area with antiseptic swabs. Beginning with the labial fold farther from you, cleanse from the front, beginning above the urethral orifice, to the back, toward the anus. Use a new swab to cleanse the labial fold closer to you, again moving from front

- to back. Finally, use a third fresh swab to clean down the center, front to back.
- c. If your agency's policy requires it, rinse the area with sterile water and dry it with cotton balls.
 - d. As you continue to hold the labia apart, have the patient initiate a urine stream into the toilet or bedpan. Then pass the specimen container into the stream and collect 90 to 120 mL of urine.
 - e. Remove the specimen container before the flow of urine stops and before releasing the labia. Permit the patient to finish voiding into the bedpan or toilet. Help the patient with personal hygiene as appropriate.
8. Replace the cap securely on the specimen container, touching only the outside of the cap
 9. Inspect the specimen for contamination with toilet paper or stool.
 10. Wipe away any urine from the outside of the container.
 11. Securely attach the label to the container, not the lid. In the patient's presence, complete the label using two identifiers, the source of the specimen, and the date and time of collection. If the patient is a woman, indicate whether she is menstruating.
 12. Place the specimen in a biohazard bag. Send the specimen and the completed requisition to the laboratory within 20 minutes making sure the time and date are present. Refrigerate the specimen if a delay in delivery cannot be avoided.
 13. Discard used supplies, remove your gloves, and perform hand hygiene.
 14. Help the patient into a comfortable position, and place toiletries and personal items within reach.
 15. To ensure the patient's safety, raise the appropriate number of side rails and lower the bed to the lowest position.
 16. Document and report the patient's response and expected or unexpected outcomes.