

## URINE COLLECTION FOR STI TEST

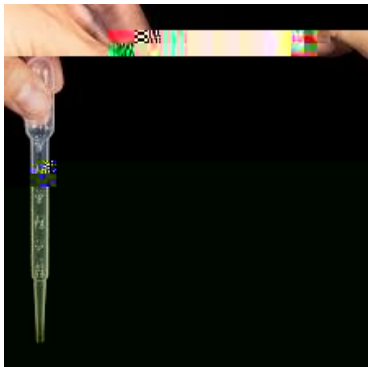
1. Please do not urinate for at least one hour prior to sample collection



2. Unscrew the cap of the pottle, and collect the first part of the urine stream (20-30mls)



3. Unscrew the yellow tube cap



4. Use plastic pipette to transfer urine from collection pottle into yellow tube.

5. Ensure level falls between the black lines on the tube. Screw lid on tightly. **Please ensure all samples are labelled and lids are firmly secured**  
Put the yellow tube in the sealable part of the plastic bag provided.



6. Discard the remainder of the urine in the pottle in the toilet. The pottle and pipette can go in the bin.
7. Drop off the bag at the hatch in the Health Centre (located down the hall to your left after entering the Health Centre) or at the labs (website to find your local lab address is on the request form). If the surgery is closed, you can also drop off the samples in the white box located outside the back door of the health centre (labelled hours specimen drop box).