

INTERSTITIAL CYSTITIS INFORMATION CENTER
1706 BRIERY ROAD **FARMVILLE, VA 23901**

TEN STEPS FOR OBTAINING CLEAN VOIDED MIDSTREAM URINE
SAMPLE FOR CULTURING:

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The objective of this procedure, made possible by many years of research performed by Paul Fugazzotto, MSPH, PhD. is to get a urine sample that most nearly represents the contents of the bladder, free of contaminant bacteria that might normally be contained in the passage out of the bladder or on nearby adjacent body surfaces. Do not use first morning voiding for the urine specimen.

Please follow directions carefully.

- 1) **THIS IS A MUST!** At the first morning voiding (or if otherwise, at about three (3) hours before you plan to take the clean voided specimen), do a "preparatory urination" by intermittently stopping and releasing the flow as many times as you can - in quick succession - until finished. This serves to flush essentially all colonizing bacteria from the urethra. If you are not sending the sample out by overnight express mail within an hour or so, you should refrigerate it until you are ready or if you are going to your doctor's later in the day for an appointment, take this sample with you then. It is best not to do your sample at a doctor's office especially if all that is available is a paper cup and no apparent sterilized containers.
- 2) During the three (3) hour interval, do not take in any other fluids which could dilute normal bladder accumulation. At the end of the three hours, shower or thoroughly cleanse the areas around the urinary exit (especially the perineal) with soap and water. Blot off with fresh clean tissue or dry area with low setting of hair dryer. At no time should your hands touch any part of the urinary exit area.
- 3) Spread a clean tissue on a surface close to the toilet bowl.
- 4) Remove the cap from the sterile specimen cup and place it, open side down on the tissue; place the open cup next to it. Do not touch the rim of either the cup or cap with fingers or body surface at any time.
- 5) Sit on the seat backwards of the usual posture, i.e., straddle the seat with the legs and start the stream if this is comfortable for you. Otherwise, straddle standing forward.
- 6) Permit a small quantity to spill into the bowl to the slow count of 4 or 5 (as you feel the possible volume allows); the longer, the better.
- 7) Do not stop the stream, but while still flowing, present the open cup to collect a small amount

(1-2 oz) direct from the urethral exit. The stream must not wash over adjacent skin surfaces.

8) Do not stop the stream while collecting the specimen. After obtaining the small quantity (fill CLEAN CATCH INSTRUCTIONS, P. 2

cup no more than 1/4 to 1/3 of the total sterile container), withdraw the cup and carefully replace its cap making sure still that you do not touch the inside of the rim.

9) If you are on antibiotics, do a "preparatory urination" as in (1) above at the time of medication and then take the specimen to be sent in about three (3) hours later.

Best to take sample in the morning (after bedtime dosage of antibiotic but before morning dose) if possible.

10) IMPORTANT (ANOTHER MUST!): The above "preparatory urination" is also recommended for all other voidings as part of a therapy to improve bladder control and keep the urethra repeatedly flushed of colonizing bacteria. Periodic monitoring by broth culture for resistant bacteria (every one to two months) while on longterm antibiotics is recommended.

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