

How to collect a mid-stream urine (MSU) sample

Information for patients

This leaflet provides information about how to collect a mid-stream urine (MSU) sample. If you have any other questions or concerns, please do not hesitate to speak to your antenatal team.

Why do I need to provide a mid-stream urine sample?

At every antenatal contact you will be asked to provide a fresh mid-stream urine sample. We may also ask you to provide a sample if you are experiencing symptoms of a urinary tract infection.

Catching the sample mid-stream is important because it reduces contamination from skin or vaginal bacteria, giving a cleaner sample that more accurately reflects whether there is an infection in the bladder and helps avoid false results or unnecessary treatment.

You will be provided with a sample container or bag by your antenatal healthcare professional or the receptionist.

Steps to collect a mid-stream urine sample

- Wash and dry your hands.
- Open the container, being careful not to touch the inside of the container or cap.
- Hold open your vaginal opening.
- Wipe once from front to back using an unscented tissue or wipe.
- Start peeing into the toilet.
- After a second or two, without stopping, place the container in the stream to collect mid-stream urine.
- Finish peeing into the toilet.
- Tightly close the lid on the container and wipe the outside if needed.
- Put the container into the sample bag provided, close the bag and hand it to the clinician.
- Wash your hands with soap and warm water and dry them.



MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on **020 3299 4618** or email **kings.mychart@nhs.net**. Visit **www.kch.nhs.uk/mychart** to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit **www.kch.nhs.uk**.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: **kings.pals@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email **kings.access@nhs.net**