

## How to Collect a Sample for a Urine Culture

### Collecting a Urine Sample

Read all the instructions before collecting a urine sample. It is important to follow the instructions so the sample is collected the right way. This will help your test results be correct.

Before you get started, gather your supplies:

- collection cup
- towelettes
- soap.

### Before You Collect Your Sample

Cleanse the area around the opening of your urethra.

- **If you have a penis:**
  - Cleanse the head with soapy towelettes. (If you are not circumcised, pull back your foreskin before cleansing.)
  - Rinse the cleansed area with a new towelette.
- **If you do not have a penis:**
  - Sit on the toilet and hold the labia apart.
  - Using a soapy towelette, cleanse between the folds of skin, wiping from front to back.

## Ua Li Cas thiaj Cug Zis rau ib txoj Kev Kuaj Seb Puas Muaj Kab Mob

### Kev Cug ib co Zis Coj Mus Kuaj

Nyeem tag nrho cov lus qhia ua ntej pib cug zis. Tseem ceeb heev kom ua raws li cov lus qhia xwv kom koj cug tau raws li xav tau. Ua li no yuav pab kom tej kev kuaj yuav thwj.

Ua ntej koj pib, khaws txhua yam khoom uas koj xav tau:

- lub khob cug zis
- ntawv so
- xub npus.

### Ua Ntej Koj Cug Ib Co Zis Coj Mus Kuaj

Muab qhov chaw ib ncig ntawm koj lub qhov zis so.

- **Yog tias koj muaj ib tug qau:**
  - Muab lub hau qau ntxuav siv tej ntawv so uas ntub xa npus. (Yog tias koj tsis tau txiav daim tawv qau, thws koj daim tawv qau ua ntej koj muab ntxuav.)
  - Siv ib daim ntawv so tshiab so qhov chaw uas twb ntxuav lawm.
- **Yog tias koj tsis muaj ib tug qau:**
  - Zaum saum lub viv thiab muab koj ob daim di chaw mos qhib.
  - Siv ib daim ntawv so uas ntub xa npus, muab so nruab nrab ntawm qhov chaw mos, es so ntawm xub ntiag mus rau nraum nraub qaum.

(over)

- Rinse the cleansed area with a new towelette, wiping from front to back.

## How to Collect Your Sample

- Hold the collection container with your fingers on the outside of the container. Do not touch the rim of the container.
- Begin urinating. After the urine has passed for several seconds, put the container in the urine stream and collect the urine.
- When the container is full, remove it from the urine stream and finish urinating in the toilet. Put the lid back on the container. Make sure it is closed tightly.
- Put the label on the side of the container. Do not put the label on the lid.
- Write your name, date of birth and the time the sample was collected on the label.
- If you are collecting a urine sample at the clinic, give the container to a member of the clinic staff.
- If you are collecting a urine sample at home, keep the sample refrigerated. Bring the sample to your clinic within 8 hours of collection.

- Siv ib daim ntawv so tshiab so qhov chaw uas twb ntxuav lawm, es so ntawm xub ntiag mus rau nraum nraub qaum.

## Ua Li Cas thiaj Cug tau Koj Cov Zis

- Siv koj cov ntiv tes tuav sab nraum lub khob cug zis. Tsis txhob kov ntug khob.
- Pib tso zis. Tom qab twb tso zis rau ob peb xe nkoos hauv lub qhov viv lawm, cia li tso lub khob rau ntawm koj cov zis thiab cug ib co zis.
- Thaum lub khob puv lawm, tshem ntawm koj cov zis thiab tso zis kom tag hauv lub qhov viv.
- Kho lub hau rau ntawm lub khob. Ua tib zoo kaw kom ntom.
- Tso daim ntawv lo rau ntawm lub khob sab nraum. Tsis txhob muab daim ntawv lo rau lub hau.
- Sau koj lub npe, hnuv yug thiab koj tau cug zis thaum pes tsawg moos rau ntawm daim ntawv lo no.
- Yog koj tab tom cug zis hauv ib lub tsev kuaj mob, muab lub khob rau ib tug neeg uas ua hauj lwm hauv lub tsev kuaj mob.
- Yog koj tab tom cug zis tom tsev, khaws cov zis ntawd twj ywm hauv tub yees. Nqa cov zis ntawd mus rau koj lub tsev kuaj mob ua ntej dhau 8 xuab moos tom qab cug tau cia.