

# Female: How to collect a Mid-Stream Urine (MSU) sample

## Wahine: Me pehea te kahi i te tīpako kaha o te mimi



Te Whatu Ora  
Health New Zealand

1

Wash your hands before and after collection.

Horoia wō ringaringa i mua, i te otinga ano hoki o te kohinga tīpako.



2

Pass a small amount of urine into the toilet first.

Mīia kia iti nei kī te wāhi mimi i te tuatahi.



3

Pass a small amount of urine into the collection dish. It can help to hold the labia (lips) apart with one hand.

Mīia kia iti nei kī te rīhi kohikohi mimi. He māmā ake i nā huakina o puapua (ngutu) ki tetahi o wō ringa.



4

Pass remaining urine into the toilet.

Tukuna tō toenga mimi ki te wāhi mimi.



5

Pour urine from the collection dish into the sample container. The container does not need to be full.

Ringihia te mimi i te rīhi kohikohi mimi ki te kohinga tīpako. Kāore he aha i nā kore e kī.



6

Put the cap on the sample tightly to avoid leaking. Label your sample.

Whakapōtaehia te kohinga tīpako kia kore e turuturu. Whakarapahia he tohu ki tō tīpako.



7

Place your sample in a specimen bag and seal it. If you have a form, place it in the outside pocket.

Kohia ake tō tīpako ki roto i te pēke tīpako, ka hīri ai. Mehemea kei ā koe he puka, kuhua atu kī te pūkoro.



# Male: How to collect a Mid-Stream Urine (MSU) sample

## Tane: Me pehea te koho i te tīpako kaha o te mimi



**Te Whatu Ora**  
Health New Zealand

1

Wash your hands before and after collection.

Horoia wō ringaringa i mua, i te otinga ano hoki o te kohinga tīpako.



2

Pass a small amount of urine into the toilet first.

Mīia kia iti nei kī te wāhi mimi i te tuatahi.



3

Pass a small amount of urine into the collection dish. It can help to pull back the foreskin on the penis if applicable.

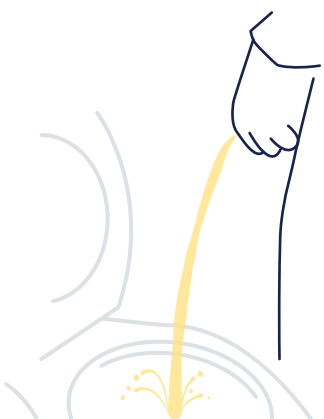
Mīia kia iti nei kī te rīhi kohikohi mimi. Mehemea he kīrimata, he māmā ake i nā kumea ake te kīrimata.



4

Pass remaining urine into the toilet.

Tukuna tō toenga mimi ki te wāhi mimi.



5

Pour urine from the collection dish into the sample container. The container does not need to be full.

Ringihia te mimi i te rīhi kohikohi mimi ki te kohinga tīpako. Kāore he aha i nā kore e kī.



6

Put the cap on the sample tightly to avoid leaking. Label your sample.

Whakapōtaehia te kohinga tīpako kia kore e turuturu. Whakarapahia he tohu ki tō tīpako.



7

Place your sample in a specimen bag and seal it. If you have a form, place it in the outside pocket.

Kohia ake tō tīpako ki roto i te pēke tīpako, ka hīri ai. Mehemea kei ā koe he puka, kuhua atu kī te pūkoro.

