

## How To Take A Mid-Stream Urine Sample

### Bacterial Cystitis Factsheet



**Bladder Health UK**

*Registered Charity 1149973*

---

### What is a Mid-Stream Urine Sample (MSU)?

A mid-stream urine sample or 'MSU' as it may sometimes be referred to by your doctor, means that you don't collect the first or last part of urine that you pass. This avoids contaminating any samples you submit to the laboratory for testing with bacteria from the skin around the urethral opening.

### How To Take A Mid-Stream Urine Sample (MSU)?

If possible, take your sample first thing in the morning when you wake up. Urine that has been stored in the bladder overnight is usually quite concentrated.

1. Wash your hands thoroughly.
2. Remove the lid from the sterile container you have been given by your doctor ensuring that you do not touch the inside of the lid. Place it on a clean surface ensuring that the inside of the lid is facing upwards and not in contact with the surface.
3. Part and hold open your labia (entrance to your vagina) (women)  
Pull back your foreskin (men)
4. Begin to pass urine into the toilet and without stopping the flow of urine catch some in the sterile container ensuring that you do not touch the inside of the bottle with your fingers.
5. Remove once the bottle contains a good amount of urine (it does not need to be completely full before you remove it).
6. Continue to pass urine into the toilet until your bladder is empty.
7. Wash your hands again and replace the cap onto container ensuring that you do not touch the inside of the lid or container.
8. Leave your urine sample at the surgery or clinic with the relevant forms completed by your doctor to be delivered to the laboratory for testing.

**Bladder Health UK**

**Kings Court, 17 School Road, Hall Green, Birmingham, B28 8JG**

**Phone: 0121-702-0820**

**[www.bladderhealthuk.org](http://www.bladderhealthuk.org)**

**[info@bladderhealthuk.org](mailto:info@bladderhealthuk.org)**

**Bladder Health UK does not engage in the practice of medicine. It is not a medical authority, nor does it claim to have medical knowledge. In all cases, Bladder Health UK recommends that you consult your own medical practitioner regarding any course of treatment or medication.**

**©Bladder Health UK**