How to take a Urine Sample

1. What the nurse will give you:
   a) A clear plastic jar with a yellow lid
   b) A plastic zip-lock bag

2. Start:
   • Wash your hands with soap and water before taking a sample and dry them thoroughly.

3. The jar:
   • Open the lid of the yellow top jar
   • Pee the first part of the urine stream into the jar
   • Pee the remaining urine into the toilet

4. Close the jar:
   • Replace the lid perfectly horizontal,
   • Ensure the lid is sealed tight to prevent leakage.

5. Pack the sample:
   • Place the urine sample in the bag supplied.

6. Wash Hands
   • Wash you hands with soap and water then dry thoroughly again.

7. Finish:
   • Your specimen is now ready to take to any Pathology collection centre.

Blood sample Taken:
If you would like to test for HIV and Syphilis.
Please request a blood sample to be taken at your collection centre.