

# Maternity Information Leaflet

An information guide for Women

## How to do a mid-stream Urine Sample (MSU)



## Why have I been asked for a urine sample?

All pregnant women are screened for urine infections at booking. It is common for pregnant women to have a water infection without having symptoms. If untreated, it may lead to a kidney infection and/or pre-term labour.

If you are found to have a water infection, it will take 2 days to find out what type of bacteria is causing it, and what are the best antibiotics to treat it with. Your doctor will then prescribe the best antibiotics and you should complete the course.

If you develop symptoms of a water infection whilst waiting for the results of the test, you should contact your midwife/GP and start antibiotics as soon as possible. Do not wait for the results of the urine test if you develop burning or pain on passing urine.

After the antibiotic treatment has been completed, a new urine specimen will be required to confirm the bacteria are no longer present, and no further treatment is required.

Urine samples should be taken to every antenatal appointment to enable the testing for infection and other others conditions that can be identified .

## How to Provide a urine sample

Urine should be sterile, which means it should not have any bacteria in it. However, when you start to pass urine, the bacteria that are found normally at the opening of the urethra (urine pipe) will be washed away. This means that if you pass urine straight into the collection pot, the skin bacteria will be washed into this pot and the result will be inaccurate, potentially leading us to treat you with antibiotics unnecessarily.

It is very important that you follow the instructions below, in order to prevent false results.

### Prior to providing a urine sample:

- Wash your hands
- Ensure genital area is clean, ensure you clean from front to back using one wipe
- Sit on the toilet and pass some urine into the toilet, then stop the flow.
- Place the sterile bottle below the vagina and continue to pass urine into it, preferably at least  $\frac{3}{4}$  full.
- Finish passing any more urine into the toilet.
- Avoid touching any part of your genitals with the bottle, as this will increase the risk of contamination.
- Put the cap back on the container and give the sample to the midwife /doctor.
- If you have been given the container to do the sample at home, ensure it is taken to your midwife / doctor as soon as possible (within 2 hours is best).

The result of an MSU takes 2-3 working days.

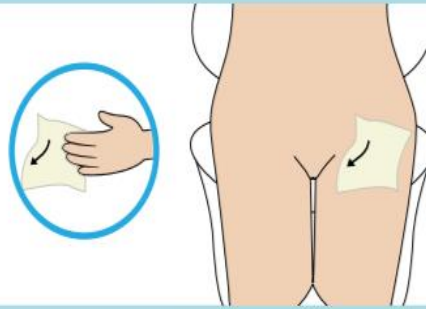
If you require any treatment, you will be contacted.

If you require antibiotics please complete the antibiotic course and remind your midwife/ doctor that you require a repeat MSU to be taken following completion of treatment.



- Wash hands with warm soap water and dry thoroughly
- Open specimen collection pot and leave ready

- Using a non-fragrant wipe or tissue, open the folds of skin around your vagina and wipe in one motion from front to back to clean the area.



- Wee a small amount of urine into the toilet and then stop.

- Place the specimen pot below the vagina and wee into the pot until 3/4 full.
- Finish the rest of your wee into the toilet.
- Replace the lid onto the specimen pot and secure.
- Wash hands.

