

## Chapter 29: Urinary Elimination

Collecting a Midstream Specimen			
		Name:	
		Date	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client.			
3. Practise proper hand hygiene.			
4. Collect the following:			
<input type="checkbox"/> Clean-voided specimen kit (with antiseptic solution)			
<input type="checkbox"/> Label			
<input type="checkbox"/> Disposable gloves			
<input type="checkbox"/> Sterile gloves (if not in the kit)			
<input type="checkbox"/> Bedpan, urinal, or commode, if needed			
<input type="checkbox"/> Plastic bag			
<input type="checkbox"/> Antiseptic wipe as per your facility policy			
<input type="checkbox"/> Supplies for perineal care			
Procedure	S	U	Comments
5. Provide for privacy.			
6. Label the container.			
7. Put on gloves, and provide perineal care. Remove gloves. Practise proper hand hygiene.			
8. Open the sterile kit. Use sterile technique (see Chapter 19).			
9. Put on the sterile gloves.			
10. Pour the antiseptic solution over the cloth intended for perineal care.			
11. Open the sterile specimen container. Do not touch the inside of the container or lid. Set the lid down so that the inside is up.			

12. For a client with female genitalia: Clean the perineum with the cloth intended for perineal care:			
a. Spread the labia with your thumb and index finger. Use your non-dominant hand.			
b. Clean down the urethral area from front to back. Use a clean corner of the cloth intended for perineal care for each stroke.			
c. Keep the labia separated to collect the urine specimen (steps 14 to 17).			
13. For a client with male genitalia: Clean the penis with the cloth intended for perineal care:			
a. Hold the penis with your non-dominant hand.			
b. Clean the penis starting at the urethral opening. Use the cloth intended for perineal care and clean in a circular motion.			
c. Keep holding the penis until the specimen is collected (steps 14 to 17).			
14. Ask the client to void into the toilet, bedpan, commode, or urinal. This beginning stream will be discarded.			
15. Hold the specimen container to collect the stream of urine. Keep the labia separated, if possible.			
16. Collect about 30 to 60 mL of urine (1 to 2 oz.).			
17. Remove the specimen container before the client stops voiding.			
18. Let go of the labia or penis.			
19. Allow the client to finish voiding into the toilet, bedpan, commode, or urinal.			
20. Put the lid on the specimen container. Touch only the outside of the container or lid.			
21. Wipe the outside of the container with an antiseptic wipe, as per your facility policy.			
22. Place the container in a plastic bag.			

23. Provide toilet tissue after the client finishes voiding.			
24. Remove and empty the bedpan, commode container, or urinal.			
25. Clean the bedpan, urinal, or commode container and other items. Return the equipment to its proper place.			
26. Remove gloves. Practise proper hand hygiene.			
27. Help the client with hand washing.			
28. Repeat proper hand hygiene.			
<b>Post-Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
29. Follow steps 17 through 22 in the procedure <i>Collecting a Random Urine Specimen</i> on page 665.			
<b>Report and Record</b> your actions and observations, according to employer policy.			