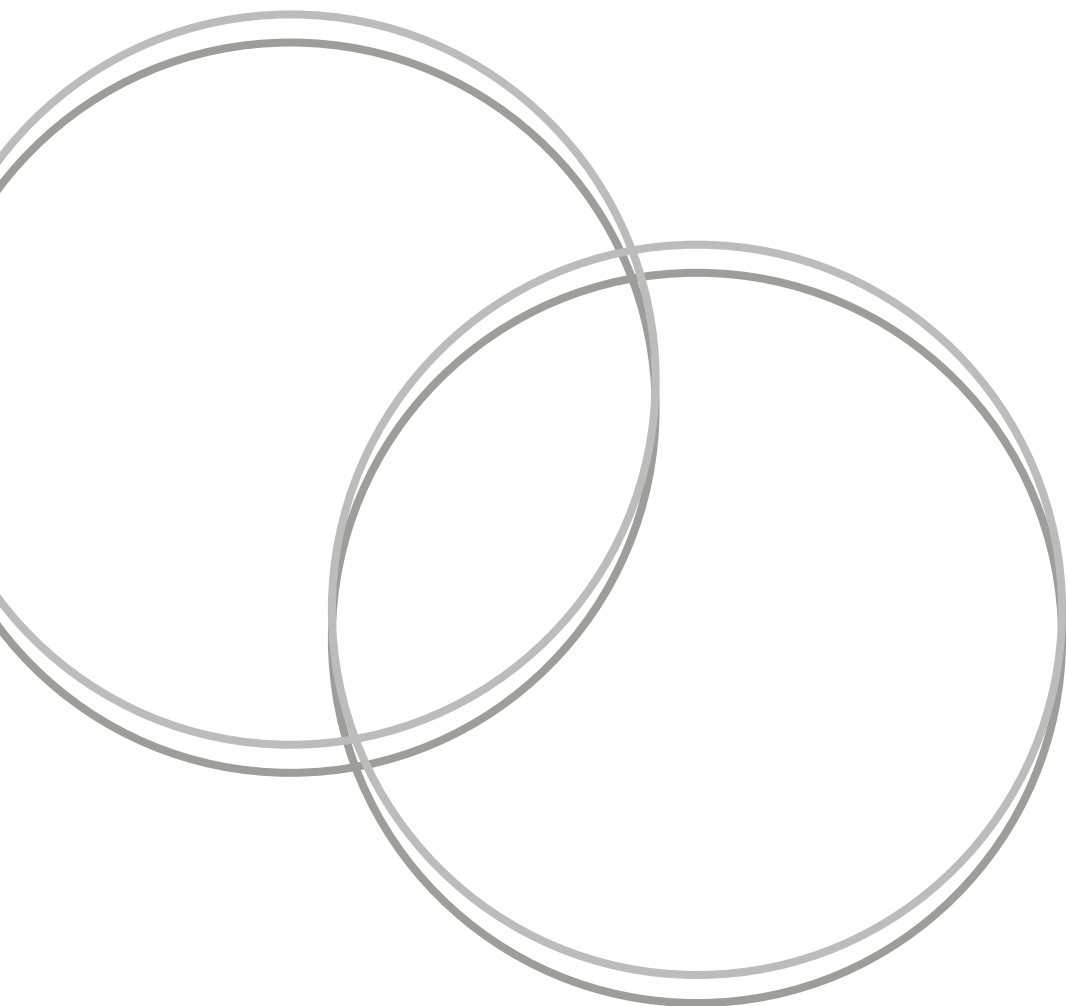




Oxford University Hospitals
NHS Foundation Trust

Collecting urine samples

**Information for Patients, Parents
and Carers of children under 5yrs**



Why have I been asked to collect a urine sample?

A urine test is the only way to know for sure if you/your child has a urine infection. There are also other illnesses where doctors and nurses need to check the urine.

How can I help my child to pass urine?

The more a child drinks the more likely they are to need to pass urine so we would ask you – unless told otherwise – to encourage your child to drink. There are juices, squash, water and formula milk available in the department. Please ask your nurse if you need some.

How do I keep the urine pot clean?

You will be supplied with a urine pot, please keep both the pot and lid as clean as possible:

- Do not let your child play with the pot
- Do not touch the inside of the pot or lid
- If it falls on the floor, ask for another pot
- Even very small samples can be tested so do not throw away any sample collected.

How do I clean my child before collecting the urine sample?

It is important that the urine is collected from your child in a germ-free way. There are many germs that live naturally on our skin and around the genitals. These germs don't cause any harm to us, but we need to make sure they do not get into the urine sample as this would make it difficult for us to interpret the test result. This is why a urine sample cannot usually be done using a plastic bag or pad or cotton wool in the nappy.

Before you collect the urine, you will be asked to clean your child's genital area thoroughly:

1. Wash your hands
2. Clean the whole nappy area as usual
3. Clean the genital area using water and gauze (not cotton wool)

For girls: Gently separate the labia and clean from front to back - twice - with a clean piece of gauze/cotton pad each time

For boys: Clean the penis from tip to base - twice - with a clean piece of gauze/cotton pad each time.

If the foreskin can be easily retracted*, gently clean underneath the foreskin and then pat dry and **replace the foreskin.**

**The foreskin is often not fully retractable until adolescence*

4. Gently pat dry with clean gauze
5. Wash your hands after cleaning

How do I collect the urine sample?

There are three main ways we can collect urine samples in children. The best method depends on the age of your child. Your nurse or doctor will discuss the best option with you.

A. Clean-catch

B. Mid-stream (usually for toilet trained children).

A. Clean-catch sample

- Clean the nappy area and genitalia as above. Do not put another nappy on
- Keep your child occupied or asleep. You may need to distract your child whilst waiting for them to pass urine
- Keep the pot lined up in position to catch the urine, offer fluids, and wait
- We know this can be difficult in a mobile toddler, but with plenty of drinking, it should not take too long
- Ideally try to catch the urine in the mid-stream (see below) but any sample will do if this is not possible
- Sometimes to encourage babies and toddlers to pass urine a **“QuickWee”** method is used:
 - After cleaning the nappy and genital area, lay your baby on their back
 - With a urine pot ready, take a piece of gauze dipped in some cold water (from the fridge) and apply to the centre of the tummy below the tummy button, and massage in circles (see diagram)
 - Continue for up to 5 minutes
 - This method works best in younger infants.



Sometimes you may also try the 'tapping method'. This is also for young babies. The baby is held upright under their arms and then their tummy is tapped over the bladder area and their lower back is rubbed to encourage urine to be passed. The tapping and rubbing is repeated alternately for up to 5 minutes.

B. Midstream Collection

- This is suitable for toilet trained children. Your child may still need help.
- Cleaning hands and genital area is very important
- Clean the genital area as above, wiping twice with clean gauze/cotton pad each time
- Allow the very first bit of the urine stream to pass into the toilet
- Then catch the urine until the pot is nearly full
- Let the rest pass into the toilet.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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