



# Collecting a urine sample from your baby

**This leaflet is for parents and carers who have been asked to collect a urine sample from their baby in the emergency department (ED) or on the paediatric ward.**

**If you have any questions or concerns that are not answered in the leaflet, please speak to a member of staff.**

## Why have I been asked to collect a urine sample?

Commonly, we ask for a urine sample if we suspect there may be a urinary tract infection (UTI) that may require antibiotics. Sometimes, you may be asked to collect a urine sample so we can look for signs of conditions that affect the kidneys.

## How do you test a urine sample?

Usually, we will start by doing a 'urine dip'. This can be done in the Emergency Department (A&E) or on the ward and tests for substances that might point towards a UTI or kidney problem.

However, a urine dip does not always confirm whether a UTI is present. Sometimes, we need to send the sample to the laboratory for further testing to help confirm whether bacteria are present, the type of bacteria, and how best to treat it. This result takes several days to come back. We will only contact you if bacteria grow in the sample.

## How do I collect a sample?

If we suspect that your baby's symptoms may be due to a UTI, it is very important that we try to get a 'clean catch' urine sample. This means trying to reduce the chance that the urine has been contaminated by bacteria from skin or other surfaces before it is tested. If the sample is contaminated, it is difficult to confirm whether a UTI is the cause of your baby's illness. This means that the wrong antibiotics might be given or a UTI could be missed.

**If the inside of the sterile container or sample bottle is touched by accident, please ask your nurse or healthcare assistant for another one.**

### Follow these steps to collect a clean catch urine sample:

1. Unscrew or open the sample container provided. Be careful not to touch the inside of the container on yourself or your baby to avoid contamination.
2. Remove your baby's nappy.
3. Wash your hands.
4. Clean the genital area with cotton wool soaked in sterile water (ask your nurse or healthcare assistant if you require these) or baby wipes.
5. Once your baby starts to wee, be ready to catch this in the container provided.
6. Give your sample to your nurse or healthcare assistant as soon as possible for testing.

## **What do I do if my baby won't wee?**

You can try these additional techniques to encourage your baby to wee:

1. Gently rub their lower abdomen (tummy) with cotton wool balls soaked in cold water.
2. Tap gently with a finger about once a second just above the pubic bone (this is the bone at the bottom of the abdomen above the genitals)
3. Encourage them to drink fluids.

**If you are still having difficulty after trying these tips, please ask your nurse or healthcare assistant for further advice.**

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**Please ask if you need this information in another language or format.**

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