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| --- | --- |
| Column 1 | Column 2 |
| Over 16 but Under 65 years old |  | 65+ years old |  |
| Female |  | Males |  |
| Pain passing urine |  | (possibly) pregnant |  |
| Increased frequency of passing urine |  | Allergy to trimethoprim or co-trimoxazole (if unsure, please state)  |  |
| Urgent need to pass urine |  | Blood in urine |  |
| Discomfort below belly button |  | Passing large volumes of urine |  |
| Mid stream sample of urine provided |  | Fever |  |
|  |  | Pain in back/sides |  |
|  |  | Incontinence |  |
|  |  | Any of the following medical conditions:* Kidney/urinary tract conditions
* Diabetes
* Porphyria
* Lactose/galactose problems
* High potassium
* Severe liver problems
* Anaemia
* Any severe/significant condition (please note if unsure)
 |  |
|  |  | Immunosuppressed (e.g. chemotherapy) or on any of the following medicines:* Azthioprine, methorexate, ciclosporin, Mercaptopurine
* Phnytoin
* Warfarin, digoxin
* Pyrimethamine, rifmpicin
 |  |
|  |  | Any antibiotic in the last month |  |
|  |  | Any urine infection in the last 3 months |  |
|  |  | Catheter sample of urine provided |  |

**Name: Date of Birth:**

**Contact telephone number:**

* **Please tick the features below which apply to you.**
* **If you only have ticks in Column 1, the pharmacy can see and treat you.**
* **If you have ticks in Column 2, the practice nurse will be in touch.**

**Instructions for obtaining a sample - Wash your hands and genitals.**Women - hold open your labia (entrance to the vagina). Men - pull back your foreskin. Pass some urine into the toilet. Then, without stopping the flow of urine, catch some urine in a sterile bottle. (The bottle is usually provided by a doctor or nurse.) Once you have enough urine in the bottle, finish off passing the rest of your urine into the toilet.Do not open the sterile bottle until you are ready to take the sample. You do not need to fill the bottle to the top, a small amount will do. 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. The sooner the sample is given in to the doctor's surgery, or to the laboratory, the better. Within two hours is best. If that is not possible, put the sample in the fridge until you take it to the doctor or laboratory. The result of a mid-stream specimen urine takes 2-3 days.