

## MIMI WAENGA ROMA (MIDSTREAM URINE)

1. Tikina atu he ipu mai i tō tākuta, i tō whare haumanu Wellington SCL pātata rawa rānei.
2. He pai ake ngā tautauira e kohia ana ao ake i te ata, engari kei te pai mēnā kāore e taea.
3. Ngā tāne kāore anō kia kokotitia: me tītoi
4. Ngā wāhine: ūkuia te tahito mai i mua ki muri ki te pepa whēru, ka horoi rānei ki te wai mahana, ka wehewehe i ngā hangutu hei aukati i te tāhawahawa teke.
5. Tukuna he mimi kia mimia ki roto i te heketua, ka mimi tika ai ki roto i te paepae mā kia kī haurua anō; ka mimi anō ki roto i te heketua kia pau rā anō.
6. Me whakarite kia whakarawe ngitahia te taupoki, ka tapa ki tō ingoa, tō rā whānau me te wā me te rā i kohia ai.
7. Purua te tautauira ki roto i te pēke tautauira me te puka tono mai i tō tākuta.
8. Haria atu te tautauira ki tō tākuta, ki te whare haumanu Wellington SCL pātata rawa.
9. Ko te mea tino pai rawa, kia purua inamatatia ngā tautauira mimi ki roto i te pouaka whakamātao, ka haria atu ki te taiwhanga pūtaiao i roto i te whā haora.

**Mō ētahi anō mōhiohio me whakapā ki te taiwhanga pūtaiao matua i (04) 381 5900**

**For all enquires please contact WELLINGTON SCL on 04 381 5900**

*Patient information - Instructions for collecting midstream urine – Maori*