

Liquid Gold: Why the NHS Must Embrace Accurate Urine Collection for Women with the Peezy Midstream

Transforming clinical pathways, protecting antibiotics, and saving NHS resources.

Every day across the National Health Service, tens of thousands of urine samples are collected in hospitals, GP surgeries, and community clinics. Urine is quite literally liquid gold when it comes to diagnostics. It provides a vital window into a patient's health, offering early warnings for everything from urinary tract infections to pre-eclampsia, diabetes, and kidney disease. Yet, despite the immense clinical value of a pure urine sample, the method by which we collect it has remained stubbornly archaic, undignified, and highly prone to error.

For decades, the NHS has relied on the traditional "pee in a cup" method. Patients are handed a small plastic container, directed to a public toilet, and given complex verbal instructions to catch the "midstream" of their urine flow. Unsurprisingly, this approach is fundamentally flawed. It is messy, unhygienic, and practically impossible for many patients to execute correctly. The result is a staggering rate of contaminated samples that wreaks havoc on clinical pathways, patient safety, and NHS budgets.

Fortunately, Forte Medical has developed a solution that promises to revolutionise point of care testing. The Peezy Midstream is a brilliant, purposefully designed medical device that guarantees accurate urine collection. Created by an NHS General Practitioner, it is precisely the kind of preventative, cost saving innovation that modern healthcare demands.

The Hidden Crisis of Contaminated Samples

To understand the immense benefit of the Peezy Midstream, we must first examine the sheer scale of the problem it solves. National averages suggest that between twenty and thirty per cent of all urine samples collected in the United Kingdom are contaminated at the point of collection.

When a patient fails to isolate the midstream successfully, the first flush of urine carries natural skin flora, bacteria, and epithelial cells directly into the specimen cup. Once this contaminated sample reaches the pathology laboratory, it produces a "mixed growth" result. This leaves clinicians completely in the dark. They cannot definitively state whether the bacteria present are the cause of a genuine infection or simply surface contaminants.

Every contaminated sample represents a cascade of wasted clinical time. Think of the journey of a single specimen container. It is handled by the patient, received by the receptionist, processed by the healthcare assistant, transported by a dedicated courier, and finally analysed by highly trained scientists using expensive laboratory equipment. To go through this entire complex, resource heavy logistical chain only to generate an inconclusive result is a tragic waste of NHS money.

The fallout from these unreliable specimens is profound. Firstly, it leads to repeat testing. The patient must be contacted, another appointment booked, and another sample sent to the laboratory, doubling the administrative and diagnostic workload. At a time when primary care is facing unprecedented demand and pathology services are stretched to their limits, wasting resources on avoidable retesting is simply unsustainable. Secondly, and perhaps more alarmingly, contaminated samples lead to false positive results. A false positive often results in the unnecessary prescription of broad spectrum antibiotics while the clinician waits for clarity.

National averages suggest that between 20% and 30% of all urine samples collected in the UK are contaminated. The Peezy Midstream can reduce this to near zero.

The Threat of Antimicrobial Resistance

Antimicrobial resistance is widely recognised as one of the greatest threats to global public health. The routine overprescription of antibiotics is a primary driver of this crisis. When patients are incorrectly diagnosed with a urinary tract infection due to a contaminated sample, they are given medications they do not need. This practice accelerates the development of resistant bacterial strains.

By adopting the Peezy Midstream, the NHS can take a massive step forward in antimicrobial stewardship. Accurate diagnostics ensure that antibiotics are only prescribed when absolutely necessary. This preserves these life saving drugs for the future and protects patients from the side effects of unwarranted medication.

How the Peezy Midstream Works

The genius of the Peezy Midstream lies in its simplicity and its user centric design. Invented by Dr Vincent Forte, an NHS GP with over twenty five years of frontline experience, the device removes human error from the equation entirely.

The patient simply holds the ergonomic funnel against their body and voids their bladder naturally. They do not need to perform a difficult "start and stop" manoeuvre. The internal mechanics of the Peezy Midstream do all the hard work. A compressed cellulose sponge temporarily blocks the flow, allowing the first flush of urine (which contains the highest concentration of external bacteria and skin cells) to be safely diverted into the toilet.

Once the sponge expands, the clean midstream is automatically channelled directly into a standard laboratory tube attached to the base of the funnel. As soon as the primary tube is full, the system seamlessly redirects the remaining excess urine into the toilet. The device cannot overflow. The

sample tube is then removed, sealed, and sent directly to the laboratory without any need for clinical staff to decant urine from open cups into smaller vials.

This simple mechanism has profound implications for patient dignity. Consider the challenges faced by elderly patients, individuals with mobility issues, or pregnant women. Asking them to accurately target a narrow plastic pot while simultaneously controlling their bladder is not just impractical; it is inherently degrading. Urine frequently spills onto hands, clothing, and the surrounding bathroom floor. This creates a stressful, unhygienic experience that many patients find deeply embarrassing. The Peezy Midstream restores dignity to this fundamental diagnostic process. The patient is left with dry hands, a clean environment, and their self respect intact.

Financial and Clinical Benefits for the NHS

The economic argument for widespread NHS adoption of the Peezy Midstream is undeniable. By drastically reducing contamination rates from thirty per cent to almost zero in some clinical settings, the device pays for itself many times over.

In primary care settings, public health evaluations have pointed to remarkable financial efficiencies. For example, some GP surgeries have recorded a massive sixty six per cent saving on their laboratory expenditure simply by eliminating the endless cycle of mixed growth retests. When applied across thousands of GP practices nationwide, the potential for taxpayer savings is enormous.

In antenatal care, the benefits are equally transformative. Pregnant women frequently undergo routine urine screening, yet the physical constraints of pregnancy make the traditional collection method exceptionally difficult. Clinical evaluations of the Peezy Midstream in antenatal clinics have demonstrated a remarkable seventy per cent reduction in false positive dipped urine samples. This means fewer worried mothers, fewer unnecessary follow up appointments, and a highly streamlined maternity care pathway.

Getting It Right First Time

The NHS operates a highly successful programme known as Getting It Right First Time (GIRFT). The core philosophy of this initiative is to improve the quality of care by reducing unwarranted variations in practice and ensuring that the correct clinical procedures are followed from the very beginning. The Peezy Midstream is the physical embodiment of this philosophy.

Currently, it is the only urine collection method available that consistently meets the stringent guidelines set out by Public Health England and the NHS without relying on the physical dexterity of the patient. It standardises a process that has historically been chaotic and unpredictable.

Furthermore, infection control is vastly improved. Because the device prevents spills and eliminates the need to pour urine between containers, the risk of cross contamination within clinic environments is heavily mitigated. This protects nursing staff, general practitioners, and health care assistants from unnecessary exposure to potentially hazardous biological waste.

Conclusion

The National Health Service is consistently asked to achieve more with fewer resources. To meet this challenge, healthcare providers must look to intelligent, evidence based technologies that solve fundamental inefficiencies at their root. Forte Medical has delivered exactly that.

The Peezy Midstream is not merely a plastic funnel. It is a vital tool for preventative medicine. By guaranteeing an accurate, gold standard midstream urine sample every single time, it empowers clinicians to make confident, fast, and accurate diagnostic decisions from the moment the patient presents.

From saving millions of pounds in wasted pathology fees to leading the fight against antimicrobial resistance and restoring dignity to the patient experience, the benefits are vast. It is time for NHS trusts, Integrated Care Boards, and primary care networks across the United Kingdom to retire the outdated specimen cup. Embracing the Peezy Midstream will protect vital healthcare budgets, safeguard our antibiotics, and ensure that patients receive the right treatment, right away.