

## Patient Instructions for Collecting a Clean Catch Urine Sample

The following collection instructions are intended to help you collect the correct specimen for the test(s) your clinician has requested. Clean catch urine collected midway through the urination process is necessary so that any bacteria present around the urethra and on the hands do not contaminate the specimen. *Contaminated specimens may yield inaccurate test results.*

### Males

1. Wash hands thoroughly using plenty of soap and hot water.
2. Remove specimen cup from wrapper. Be careful not to touch the inside of the cup or lid at any time. If you accidentally do this, ask for a new cup.
3. The uncircumcised patient should pull back the foreskin from the tip of the penis.
4. Using a towelette, cleanse thoroughly beginning at the tip of the penis and working upward.
5. Pass the first portion of urine into the toilet, then, while continuing to urinate, place a sterile cup into the stream of urine and catch the mid-portion in the sterile cup. Do not touch the inside of the cup.
6. Remove the cup from the stream of urine before the bladder is completely empty, and pass the last part of the specimen into the toilet.
7. Put the lid securely on the cup and place specimen on back of toilet.

### Females

1. Wash hands thoroughly using plenty of soap and hot water.
2. Remove specimen cup from wrapper. Be careful not to touch the inside of the cup or lid at any time. If you accidentally do this, ask for a new cup.
3. Sit on the toilet and, using the fingers of one hand, spread the labia apart. Continue to hold them spread during the entire cleansing and collection process.
4. Using a towelette, wipe **once** from the front of the body to the back. Cleanse between the folds of skin as carefully as possible. Using a clean towelette, repeat this cleansing process a second time.
5. Hold the cup in the other hand, and begin to pass the first part of the urine into the toilet. While continuing to urinate, place the cup into the stream of urine and catch this portion of the specimen.
6. Before completely emptying the bladder, remove the cup from the stream of urine and allow the last portion of the specimen to pass into the toilet.
7. Put the lid securely on the cup and place specimen on back of toilet.