



Patient Information

Collecting a Clean Catch Urine Specimen

It is very important to follow the instructions given by the lab staff for collecting your urine specimen. **First morning specimen should be obtained for best results.**

How do I collect a clean catch urine specimen?

1. Wash your hands thoroughly with soap and water.
2. Open the lid of the urine container carefully; avoid touching the inside of the container.
3. Cleanse your genital area according to the following procedure:

Male

- If you are uncircumcised, draw back the foreskin before cleansing.
- Clean the tip of your penis using the sterile cleansing towelette provided, beginning at the tip and moving towards the base.

Female

- Stand astride the toilet and use the fingers of one hand to separate and hold open the folds of skin in your genital area.
 - Clean the urinary opening and surrounding area with the sterile cleansing towelette provided, moving from front to back.
4. Discard the towelette.
 5. Begin urinating into the toilet bowl. After the urine has flowed for a few seconds into the toilet, catch the midportion of the urine flow in the collection container. When sufficient urine has been collected (approximately one-half full), finish urinating into the toilet.
 6. Place the lid on the container and screw it on tightly.
 7. Wipe the outside of the container with a paper towel.
 8. Wash your hands thoroughly with soap and water.
 9. Check the specimen label to assure that it contains your correct identification information.