

Clean Catch Urine Collection

Before collecting the specimen:

- Remove all necessary garments
- Open container, be careful not to touch the inside of the container or lid
- Wash hands thoroughly with soap and water.

Collecting the specimen:

Female:

1. Separate labia (folds covering opening from which you urinate) with one hand. With the other hand, take a single cleansing towelette and cleanse the meatus (opening from which you urinate) and surrounding area using a downward stroke (front to back). Discard towelette in wastebasket.
2. Repeat with remaining cleansing towelette, remembering to keep the labia separated throughout the entire procedure.
3. Begin to urinate in the toilet, then catch a stream of urine directly in the container. Avoid any contact with rim or inside container.
4. Place lid on container tightly and wipe excess urine from the outside of the container.

Male:

1. Hold foreskin back with one hand. With the other take a single cleansing towelette and cleanse meatus (opening from which you urinate) well using a circular stroke from the center outward. Discard towelette in the wastebasket.
2. Repeat with the remaining towelette, remembering to keep the foreskin held back throughout entire procedure.
3. Begin to urinate in the toilet, then catch a stream of urine directly in container. Avoid any contact with rim or inside of container.
4. Place lid on container tightly and wipe excess urine from the outside of the container.

After collection:

- If collecting the specimen in the laboratory, place specimen where indicated
- If not at the laboratory when the specimen is collected, label the container with the label provided or with your first and last name, date of birth, and date/time of collection. Return the specimen to the laboratory immediately, or refrigerate.

Questions? Contact Laboratory Customer Service 815-966-2689

