Clean Catch Urine Directions



- 1. Remove the lid of the container and place upright on the counter.
- 2. The patient should cleanse themself with the towelettes as follows:

Males:

- Wipe the head of the penis in a single motion with the first towelette.
 Repeat with the second towelette.
 For uncircumcised men, hold back the foreskin throughout the whole cleansing and urine collection process.
- Urinate a small amount into the toilet.
 This flushes most contaminants from the urethra.
- After a single stream is achieved, pass the specimen cup into the stream and obtain urine sample.

Females:

- Sit comfortably on the toilet and swing one knee to the side as far as possible.
- With the forefingers of one hand, spread the outer folds of the labia and keep them apart during the rest of the collection procedure.
- With the other hand, wipe the inner labial folds front to back in a single motion with the first towelette.
- Wipe down through the center of the labial folds with the second towelette.
- Keep the labia separated and urinate a small amount into the toilet. This flushes most contaminants from the urethra.
- After a single stream is achieved, pass the specimen cup into the stream and obtain sample.
- 3. The cup should be at least 1/4 to 1/2 full.
- 4. To prevent contamination of specimen with skin flora, the patient should remove the cup before the flow of urine stops and before releasing the labia or penis.
- 5. The patient should then completely empty their bladder of urine into the toilet.
- 6. Wipe off the outside of the container after replacing the cap.
- 7. The patient must wash their hands.
- 8. Label the specimen (full name and date of birth) and deliver to the laboratory within 30 minutes of collection. If delivery is not possible within 30 minutes, the specimen must be refrigerated.