

## Clean Catch Urine Specimen Collection Instructions

**Important Note:** All specimen containers must be labeled with both the patient's first and last names as well as a second identifier such as the patient's medical record number or date of birth. Containers without two identifiers will be rejected.

A clean-catch urine specimen is a sample of urine. It is necessary when your health care provider wants to test your urine for bacteria, which may be causing an infection in your urinary tract. A clean-catch specimen is a way of collecting urine that does not contain a lot of bacteria from the skin. Please follow these instructions to collect a clean-catch midstream urine specimen:

Female	Male
<ol style="list-style-type: none"> <li>1. Ensure urine container is labeled with your full name and medical record number or birthdate.</li> <li>2. Wash your hands thoroughly in warm soapy water and dry with a paper towel or allow to air dry.</li> <li>3. Remove the urine container cap, taking care not to touch the inside of the cap or the inside of the container.</li> <li>4. Put the cap on the counter with the inside of the cap face up.</li> <li>5. Open towelette. Separate the folds of the urinary opening with fingers and clean inside using one towelette, moving from the front to the back.</li> <li>6. Clean one side and discard towelette.</li> <li>7. With a new towelette, clean the center area and discard towelette.</li> <li>8. With a third new towelette, clean the other side and discard towelette.</li> <li>9. Continue to hold the folds open and begin urinating into the toilet.</li> <li>10. Bring the specimen container into the urine stream and collect a "midstream" specimen. Stop when the container is approximately half full.</li> <li>11. Finish urinating in the toilet.</li> <li>12. Tightly screw the cap on the container taking care not to touch the inside of the cap or the inside of the container.</li> </ol>	<ol style="list-style-type: none"> <li>1. Ensure urine container is labeled with your full name and medical record number or birthdate.</li> <li>2. Wash your hands thoroughly in warm soapy water and dry with a paper towel or allow to air dry.</li> <li>3. Remove the urine container cap, taking care not to touch the inside of the cap or the inside of the container.</li> <li>4. Put the cap on the counter with the inside of the cap face up.</li> <li>5. Open towelette. Retract foreskin (if present) and use the towelette to clean the entire head of the penis.</li> <li>6. Begin urinating into the toilet.</li> <li>7. Bring the specimen container into the urine stream and collect a "midstream" specimen. Stop when the container is approximately half full.</li> <li>8. Finish urinating in the toilet.</li> <li>9. Tightly screw the cap on the container taking care not to touch the inside of the cap or the inside of the container.</li> </ol>

