

INSTRUCTIONS FOR CLEAN CATCH URINE COLLECTION FOR DIAGNOSTIC TESTING.

IMPORTANT CAUTION: PLEASE READ AND FOLLOW ALL DIRECTIONS CAREFULLY. IT IS IMPORTANT THAT THE SPECIMEN BE AS CLEAN AS POSSIBLE FOR ACCURATE RESULTS.

Male

1. Thoroughly wash and dry hands.
2. Unscrew cap of the urine specimen cup. To avoid contamination, do not touch inside of cup or cap. Place cap on the counter with the inside facing up.
3. Cleanse external areas as follows:
 - Wipe head of penis in a single motion with first towelette. If not circumcised hold foreskin back before cleansing.
4. Hold the sterile cup in one hand. First urinate a small amount into toilet, then catch the rest of the urine directly into the sterile container without stopping the urine stream. (Urinating a small amount into the toilet first flushes out any contaminating organism).
5. Collect specimen until cup is at least half full.
6. Finish voiding in toilet or bedpan.
7. Replace cap on cup and tighten securely.

Female

1. Thoroughly wash and dry hands.
2. Unscrew cap of the urine specimen cup. To avoid contamination, do not touch inside of cup or cap. Place cap on the counter with the inside facing up.
3. Cleanse external areas as follows:
 - With one hand spread the labia and keep spread until the specimen is collected. Wipe inner labia folds front to back in a single motion with the first towelette. Repeat with the second towelette.
4. Keep the labia separated and hold the sterile container with the other hand. Urinate a small amount into toilet, then catch the rest of the urine directly into the sterile container without stopping the urine stream. (Urinating a small amount into the toilet first will help flush out any contaminating bacteria).
5. Collect specimen until cup is at least half full.
6. Finish voiding in toilet or bedpan.
7. Replace cap on cup and tighten securely.

Containers must be labeled with the patient full name, date of birth, and the date and time of collection.

If specimens are collected at home, please return to the lab within 1 hour of collection. Keep refrigerated if it will be longer than 1 hour.

If you have any questions, please contact Client Services at 630-527-3450.