

## How to Collect a Clean Urine Specimen

### PLEASE READ CAREFULLY BEFORE YOU BEGIN

1. You will be given a sterile container with a lid and 3 wipes.
2. Cleanse with the wipes:
  - a. **Females:** thoroughly clean the area from front to back, including folds.
  - b. **Males:** Clean the tip of the penis in a circular motion.
3. Start the urination process in the toilet (the urine stream washes bacteria from the genital area).
4. After you have started the urination process in the toilet, slip the sterile urine container into the urine stream, to collect your sample.
5. Secure the cap onto the sterile urine container, without touching the inside or cap of the sterile urine container.

***This procedure is designed to reduce the potential contamination of the urine from external organisms. This will also increase the accuracy of the urine test to be performed.***