

# Clean Catch Midstream Urine Collection Instructions

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. A clean catch specimen is a way of collecting urine that does not contain a lot of bacteria from the skin.

**Follow these instructions as closely as possible. If not done correctly, it may make the results difficult for your doctor to interpret.**

| Female   | Male   |
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| <ol style="list-style-type: none"><li>1. Wash your hands.</li><li>2. Spread your genitalia (private area) apart then use the three (3) cloths provided to clean your private area, wiping from FRONT TO BACK on each side of your genitalia and in the middle. Use only one cloth for each wipe and discard each one after it is used.</li><li>3. Do not let the cup touch any part of your genitalia. Do not touch the inside of the cup or the lid.</li><li>4. Keep your genitalia spread apart and begin to urinate into the toilet. AFTER a small amount of urine passes into the toilet, collect some urine in the cup filling the cup only half way.</li><li>5. When finished, screw the lid securely onto the cup and put it in the plastic bag provided. Seal the bag and place it in the paper bag you were given.</li><li>6. Wash your hands thoroughly.</li></ol> | <ol style="list-style-type: none"><li>1. Wash your hands.</li><li>2. Clean your genitalia (private area) using the cloths provided. Use one cloth for each wipe and discard after it is used. Uncircumcised males should gently pull back foreskin during cleaning and collection of urine, then replace foreskin to normal position after the urine specimen is obtained.</li><li>3. Do not let the cup touch any part of your genitalia. Do not touch the inside of the cup or lid.</li><li>4. Begin to urinate into the toilet. AFTER a small amount of urine passes into the toilet (which washes out the urethra), collect some urine in the cup filling the cup only halfway.</li><li>5. When finished, screw the lid securely onto the cup and put it in the plastic bag provided. Seal the plastic bag and then place it into the paper bag you were given.</li><li>6. Wash your hands thoroughly.</li></ol> |

- Carefully write your full name and medical record number on the cup.
- Bring it to the Laboratory Registration Desk as soon as possible.
- If you are a patient at a clinic, the nurse should instruct you as to the correct delivery location.
- If you are unable to deliver to the lab within 2 hours of collection, refrigerate sample until you are able to bring it to the lab.

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