

Patient Instructions: How to Collect a Clean-Catch Urine

***Wash hands in warm soapy water before you begin**

Female	Male
<ol style="list-style-type: none"> 1. Open specimen container; do not touch the inside of the cup or the cover. 2. Open towelette. Separate the folds of the urinary opening with fingers and clean inside using one towelette, moving from the front to the back. 3. <u>Clean one side</u> and discard towelette. 4. New towelette: <u>Clean middle</u> and discard towelette. 5. New towelette: <u>Clean other side</u> and discard towelette. 6. Continue to hold the folds open and begin urinating into the toilet. 7. Bring the specimen container into the stream and collect a clean, <u>mid-stream</u> specimen. 8. Finish urination into the toilet. 9. Secure the cover. 	<ol style="list-style-type: none"> 1. Open specimen container; do not touch the inside of the cup or the cover. 2. Open towelette. Retract foreskin (if present) and use the towelette to clean the entire head of the penis. 3. Begin urinating into the toilet and bring the container into the stream to collect a clean, <u>mid-stream</u> specimen. 4. Finish urination into the toilet. 5. Secure the cover.