

Instructions for Clean Catch Midstream Urine Collections

You have been given towelettes and a urine specimen cup to obtain a sample of your urine.
Please follow the instructions below.

1. Unscrew the cap of the urine specimen cup. Place the cap on the counter. To avoid contamination, do not touch the inside of the cup or cap.
2. Cleanse yourself with towelettes as follows:

Males – Wipe the head (end) of your penis in a single motion with the first towelette. Repeat this with the second towelette. If you are not circumcised, hold the foreskin back before cleansing and continue to hold it back when you are collecting the urine sample.

Females – Separate the labia, which are the folds of skin on either side of the area from which you urinate. Wipe the inner folds of skin from front to back in a single motion with the first towelette. Then wipe down through center of labial folds with the second towelette. Make sure to keep the labia separated while you are collecting the urine sample.

3. Urinate a small amount into toilet.
4. Place the collection cup under the stream of urine and continue to urinate into the cup. Once the collection cup is full, finish urinating into toilet.
5. Replace the cap on the cup, and tighten the cap securely.
6. Give the specimen to the staff.