



Instructions for Collecting a Clean Catch Urine Sample

Instructions for Females as follows:

1. Wash your hands with soap and warm water.
2. Spread the labia (folds of the skin) apart with one hand and wipe with the cleansing towelette provided. Wipe from front to back.
3. Continue holding labia apart. As you start to urinate, allow a small amount of urine to fall into the toilet bowl. This helps to give the cleanest sample. Do not touch the inside of the cup.
4. After you have a good stream of urine, urinate into the cup. Once the cup is at least half full, remove the cup from the urine stream.
5. Pass the remaining urine into the toilet.
6. Screw the lid on the cup tightly. Do not touch the inside of the cup or lid. Please return the sample to a staff member, or as instructed.