

How to collect a urine sample

Healthcare provider will supply a sample cup.

Clean-Catch Urine Sample (Women)

1. Wash hands with soap and water.
2. Remove lid from cup. Avoid touching inside of lid or inside of cup. Place lid flat side down on counter.
3. Wash genital area from front to back using packaged towelette obtained from provider. Do not use soap.
4. Separate genital folds (also called lips or labia) with hand, wiping gently inside folds with a second towelette.
5. Start urinating into toilet. After urination begins, put cup under stream, filling the cup about half full of urine. Remove cup and finish urinating into toilet.
6. Put the lid on the cup and wash hands.

Clean-Catch Urine Sample (Men)

1. Wash hands with soap and water.
2. Remove lid from cup. Avoid touching inside of lid or inside of cup. Place lid flat side down on counter.
3. Before urinating, gently wipe tip of penis around opening with the packaged towelette provided. Do not use soap. If uncircumcised, gently pull foreskin back before washing tip of penis and urinate.
4. Holding urine cup in one hand, start urinating into toilet.
5. After urination begins, put cup under stream, filling the cup about half full of urine. Remove cup and finish urinating into toilet.
6. Put the lid on the cup and wash hands.