

Methodist Health System

How to Provide a Clean Catch Mid-Void Urine Sample - Male

Important: It is important to follow the instructions below exactly, to properly clean the bacteria from the skin and urinary opening. A dirty specimen may result in the need for a second test, or worse yet, may be the cause of a wrong diagnosis, unnecessary medicine, or the wrong medicine being given to you.

Instructions for Males:

1. Wash your hands with soap and water; rinse and dry.
2. **WASH.** Expose the penis, retract the foreskin (if not circumcised), and wash the end of the penis with one soap towelette.
3. **RINSE.** Rinse with one sterile saline towelette.
4. **VOID.** Pass the first portion of urine into the toilet; then pass a portion of the remaining urine into the specimen container. The cup should be held to avoid contact with any skin and clothing. Keep the fingers away from the rim and inner surface of the container.
5. When voiding is completed (return foreskin if not circumcised), close the container, wash your hands, label the container, dress, and give the container to the attendant.

If you are collecting the specimen at home, take the labeled container to the place directed by your health professional (office or lab) as soon as you can. It is important to keep the specimen cold from the time it is collected until you are ready to take it to the office or lab.

Questions About Your Test:

If you have any questions about test, call the doctor that ordered the test or the Pathology Center, 402.354.4541 or 888.432.8980.