

**INFECTION CONTROL AND EPIDEMIOLOGY**

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**TITLE:** Collection of Midstream Clean Catch Urine Specimen  
**ORIGINATION DATE:** 01/03  
**REVIEWED DATE:**  
**REVISED DATE:** 06/06, 06/10, 11/11, 12/13, 12/16, 12/19  
**PURPOSE:** To obtain a urine specimen free from contamination

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**POLICY:**

Teaching is an important key to the patient understanding of the cleaning and collection process. Instruct the patient on the clean catch urine specimen collection procedure using the Patient Instruction Sheet and check for patient understanding.

**PROCEDURE:**

1. Explain to patient the importance of following the specimen collection procedure so that accurate results can be obtained.
  - a. Instruct patient on procedure as follows:

Instruction for males:

- i. Wash hands with soap and water, rinse and dry.
- ii. Expose the penis, retract the foreskin (if not circumcised), and wash the end of the penis with soap towelette.
- iii. Rinse with saline towelette.
- iv. Void a small amount of urine into the toilet, and then collect a portion of 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.
- v. When voiding is completed, close the container, wash hands, and give container to clinic staff as instructed.

Instruction for females:

- i. Wash hands with soap and water, rinse and dry.
- ii. Open all towelettes and specimen container and place them on a nearby clean surface. The cap of the specimen container should be placed upside-down, keeping the fingers away from the rim and inner surface of the cap.
- iii. Sit comfortably on the toilet seat and swing one leg to the side.
- iv. With one hand spread the labia folds apart and keep them spread during the cleansing and collection of the urine specimen.
- v. WASH the area from which urine is passed. Use one soap towelette, to wash gently, wiping only from front to back between the folds of skin. Repeat with a second soap towelette.
- vi. RINSE. Rinse with one sterile saline towelette. Use the front to back motion.
- vii. VOID a small amount of urine into the toilet, and then collect a portion of the 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.

- viii. When voiding is completed, close the container, wash hands, and give container to clinic staff as instructed.
  
- b. Request feedback from the patient to determine patient's understanding of the collection procedure.
  
- c. Affix a patient label on the urine specimen container.
  
- d. Transport specimen to lab with the requisition form.
  
- e. If specimen collected for culture, refrigerate specimen immediately.

## Patient Instructions for Collecting Clean Catch Urine Specimens

*To get the best possible results, follow these instructions carefully*

### Female Patients

1. Wash hands with soap and water, then rinse and dry.
2. Wipe perineal/vaginal area with soap towelette front to back.
3. Repeat with second soap towelette front to back.
4. Rinse with saline towelette front to back.
5. Void small amount of urine into toilet and then collect into cup.
6. Do not touch inside of cup with skin or clothing.

### Male Patients

1. Wash hands with soap and water, then rinse and dry.
2. Wash the end of the penis with soap towelette.
3. Rinse with saline towelette.
4. Void small amount of urine into toilet and then collect into cup.
5. Do not touch inside of cup with skin or clothing.

**POLICY/PROCEDURE APPROVAL SHEET**

<b>Policy/Procedure Title</b>	<b>New</b>	<b>Revised</b>	<b>Archived</b>	<b>Comments</b>
Collection of Midstream Clean Catch Urine Specimen	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

<b>Affected Affiliates</b>	<b>Affected Departments</b>
<input type="checkbox"/> Methodist Jennie Edmundson <input type="checkbox"/> MHS Corporate Offices <input type="checkbox"/> Methodist Hospital <input checked="" type="checkbox"/> Methodist Physicians Clinic <input type="checkbox"/> Methodist Women's Hospital <input type="checkbox"/> Nebraska Methodist College <input type="checkbox"/> Shared Service Systems	

<b>Suggested Keywords (submit a minimum of 3)</b>	Urine, Specimen, Infection Control
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**Required signatures for approval:**

- Nursing - Owner and Chief Nursing Officer or Director of Nursing for each affiliate.
- System wide - Owner and Department head or Vice President for each affiliate.
- Additional signatures for approval may be included as needed

<b>Position</b>	<b>Name</b>	<b>Signature</b>	<b>Date</b>
Infection Control Practitioner	Rita White, MA, BS, CIC	<i>Rita White</i>	12/10/19
Epidemiology Service Leader	Andy Sass, BSN, RN	<i>Andy Sass</i>	12/10/19

\_\_\_\_\_ **Review Critical Elements (if appropriate) – contact Learning Center with questions/changes**

\_\_\_\_\_ **Infection Control Practice Review – forward to IC for review if needed**

Date placed on Intranet: 12-10-19

