

CLEAN CATCH MIDSTREAM URINE

For: Urinalysis and/or Culture with Sensitivity

Materials:

- Sterile plastic screw cap container
- (2-3) Castile Soap Towelettes

Specimens should be **refrigerated immediately** if there is any delay in getting the specimen to St. Mary's Pavilion Laboratory. The specimen **MUST** be returned within 24 hours.

Patient Instructions for Obtaining Clean-Catch Urine (**Males**)

1. Wet paper towel and open soap towelette.
2. Retract the foreskin if uncircumcised, and cleanse end of penis with soap towelette.
3. Cleanse again with wet paper towel to remove soap.
4. Urinate small amount into toilet and continue to urinate remainder into the collection container, being careful not to touch the top or inside of container.
5. Securely place lid on container, and write your full name, date of birth, date and time collected on the outside of the container.

Patient Instructions for Obtaining Clean-Catch Urine Specimens (**Females**)

1. Wet paper towel and open soap towelette.
2. Spread the labial folds with one hand and continue to hold the labial folds apart while you clean and collect the specimen.
3. Wash and rinse well before you collect the urine sample. Using the towelette, wipe from the front of your genital area towards the back. Wash between the folds of the skin as carefully as you can. Repeat.
4. Rinse with a wet paper towel using the same front-to-back motion.
5. Hold yourself apart with one hand and allow the first few drops of urine to pass into the toilet bowl. With the other hand, hold the collection container on the outside and pass the remaining urine into the cup.
6. Securely place the lid on the container, and write your full name, date of birth, date and time collected on the outside of the container.

All samples must be dropped off:

Pavilion Laboratory

750 Wellington Ave entrance 22

Monday- Friday 7:00am-5:30pm

Saturday- 7:00am-12:00pm

St. Mary's Laboratory Services

(970)298-2071