

How-to Collect a Clean Urine Catch Sample

Instructions for **Females:**

1. Wash hands.
2. Spread the out skin folds of the vagina with 2 fingers.
3. Use the towelette provided to clean the area where urine comes out of and the surrounding areas. Move from front to back.
4. Throw away towelette.
5. Hold the cup with fingers on the outside of the cup. Do not touch the rim or the inside of the cup.
6. Begin urine flow into toilet.
7. Without stopping the urine flow, catch the urine in the cup. Hold cup so that it does not touch the skin.
8. Continue urinating in toilet until bladder is empty.
9. Place lid back on cup securely.

Instructions for **Males:**

1. Wash hands.
2. Using the towelette provided, pull back the foreskin and completely clean the head of the penis.
3. Hold the cup with fingers on the outside of the cup. Do not touch the rim or the inside of the cup.
4. Begin urine flow into the toilet.
5. Without stopping the urine flow, catch urine into the cup. Hold cup so that it does not touch the skin.
6. Continue urinating in toilet until bladder is empty.

Please leave cup in bathroom!

