

Collecting Clean Catch Urine Specimens – English

Female:

1. Remove all necessary garments.
2. Wash hands thoroughly with soap and water, rinse, and shake excess water off. Do not dry hands at this time.
3. Separate labia (folds covering opening from which you urinate) with one hand. With the other hand, take a single cleansing towelette and cleanse the meatus (opening from which you urinate) and surrounding area using a downward stroke (front to back). Discard towelette in wastebasket.
4. Repeat with remaining cleansing towelette, remembering to keep the labia separated throughout the entire procedure.
5. Begin to urinate in the toilet, then catch a stream of urine directly in the container. Avoid any contact with rim or inside container.
6. Place lid on container tightly and wipe excess urine from the outside of the container. Place urine in plastic bag.
7. Wash hands.
8. Give urine sample to front desk personnel.

Male:

1. Remove all necessary garments.
2. Wash hands thoroughly with soap and water, rinse, and shake excess water off. Do not dry hands at this time.
3. Hold foreskin back with one hand. With the other take a single cleansing towelette and cleanse meatus (opening from which you urinate) well using a circular stroke from the center outward. Discard towelette in the wastebasket.
4. Repeat with the remaining towelette, remembering to keep the foreskin held back throughout entire procedure.
5. Begin to urinate in the toilet, then catch a stream of urine directly in container. Avoid any contact with rim or inside of container.
6. Place lid on container tightly and wipe excess urine from the outside of the container. Place urine in plastic bag.
7. Wash hands.
8. Give urine sample to front desk personnel.