**Midstream/Clean Catch Urine Collection Instructions**

**Please follow these instructions. Improperly collected specimens will not give your health care provider appropriate information needed for your care.**

**Male**

1. Wash your hands and then open the specimen container. Do not touch the inside of the container at any time during this collection process.
2. Tear open both towelettes but keep them in the packaging.
3. If uncircumcised, hold back the foreskin and continue to hold back during urination.
4. Take the first towelette out of the package and use it to cleanse the penis beginning at the urethral opening and working away from it.
5. Repeat step 4 using the second towelette.
6. Void a small amount of urine into the toilet.
7. As you continue to urinate, fill the specimen container about half-full of urine.
8. Finish urinating into the toilet.
9. Close the container tightly.
10. Wash your hands.
11. Return specimen to Aspirus staff member.

**Female**

1. Wash your hands and then open the specimen container. Do not touch the inside of the container at any time during this collection process.
2. Tear open both towelettes but keep them in the packaging.
3. Sit down on the toilet.
4. Using your non-dominant hand, separate the folds of the skin around the urinary opening and keep holding the folds of skin until you are finished urinating in the cup.
5. Take the first towelette out of the package and use it to cleanse the area around the opening. Always wipe from front to back.
6. Repeat step 5 using the second towelette.
7. Void a small amount of urine into the toilet.
8. As you continue to urinate, bring the collection cup into the midstream of the urine and fill the specimen container about half-full of urine.
9. Finish urinating into the toilet.
10. Close the container tightly.
11. Wash your hands.
12. Return specimen to Aspirus staff member.