

CENTEGRA CLINICAL LABORATORIES
McHenry/Woodstock, Illinois

PATIENT INSTRUCTIONS

Test:

FEMALE – Urine Clean Catch

Use this Container:

Screw cap urine container
(obtain from lab or physician office)

COLLECTION INSTRUCTIONS:

1. Thoroughly wash hands using soap and water, rinse, and dry.
2. Unscrew cap of the urine specimen cup. Place cap on counter with inside of cap facing upward. Please do not touch the inside of the cup or cap to avoid contamination.
3. Hold the labia apart and cleanse the urethral opening and vaginal area by wiping the inner labial folds front to back in a single motion using the first towelette. While still holding the labia apart, wipe down through the center of labial folds with the second towelette.
4. While still holding the labial folds apart, void a small amount of urine into the toilet, then place the cup under the urine stream (do not stop the flow of urine) and continue to urinate into the cup to collect the midstream portion of urine. The cup need not be filled to the top, but must be at least $\frac{1}{4}$ full.
5. Finish voiding into the toilet if necessary.
6. Replace cap on the cup and tighten securely.
7. Give specimen immediately to laboratory personnel.

NOTE: If the specimen is collected outside the outpatient area, please label the specimen with name, date and time of collection. The specimen must be delivered to the physician office or outpatient lab area within 1 hour of collection. If the specimen cannot be delivered within one hour of collection, please refrigerate the specimen and deliver the specimen within 24 hours of collection.

If you have any questions regarding the above instructions, please contact the Laboratory.