

Clean Catch Midstream Urine Collection

1. Wash your hands with soap and water.
2. Unscrew the cap of the urine specimen cup.
3. Female:
 - a. Separate the labia (genital skin folds) with one hand and continue to hold apart for cleansing and collection.
 - b. Using one towelette, wipe the inner folds of skin on either side of the urinary opening. Wipe front to back in a single motion. Using the second towelette, wipe down through the center of the labial folds. Wipe front to back in a single motion.
 - c. While still holding the labia apart, urinate a small amount into the toilet.
 - d. Move the collection cup into the stream of urine. Catch the mid-portion of the urine flow in the collection cup. Finish urinating in the toilet when sufficient specimen is collected.
 - e. Replace the cap on the collection cup and tighten securely.
 - f. Place specimen in metal cabinet or give to laboratory/nursing personnel.
 - g. Wash your hands with soap and water.
4. Male:
 - a. Draw the foreskin, if present, away from the urinary opening.
 - b. Wipe the head (end) of the penis in a single motion with the first towelette. Wipe the urinary opening with the second towelette.
 - c. Urinate a small amount in the toilet.
 - d. Move the collection cup into the stream of urine. Catch the mid-portion of the urine flow in the collection cup. Finish urinating in the toilet when sufficient specimen is collected.
 - e. Replace the cap on the collection cup and tighten securely.
 - f. Place specimen in metal cabinet or give to laboratory/nursing personnel.
 - g. Wash your hands with soap and water.