



Clean-Catch Midstream Urine

Collection Procedure

Instruct the patient as follows:

1. Female
 - Wash your hands thoroughly with soap and water then rinse and dry.
 - Open sterile cup. Place lid aside. Do not touch the inside of the cup.
 - Spread the labia folds with one hand and keep them spread during the cleansing and collection.
 - Wash the area from which urine is passed with a moist towelette. Gently wipe from front to back between the folds of skin.
 - Repeat the front to back wash process using a second towelette.
 - Void a small amount of urine into the toilet and catch the midstream portion of the urine in the specimen cup.
 - Stop collection when the container is about half full and complete void into the toilet. Do not touch skin or clothing with the cup.
 - Place the lid on the cup. Make sure the cup is labeled with your first and last name.
2. Male
 - Wash your hands thoroughly with soap and water then rinse and dry.
 - Open sterile cup. Place lid aside. Do not touch the inside of the cup.
 - Expose the penis, retract the foreskin (if not circumcised), and wash the end of the penis with one towelette.
 - Void a small amount of urine into the toilet and catch the midstream portion of the urine in the specimen cup.
 - Stop collection when the container is about half full and complete void into the toilet. Do not touch skin or clothing with the cup.
 - Place the lid on the cup. Make sure the cup is labeled with your first and last name.

Note: Urine specimens collected in the hospital should be transported to the lab within 60 minutes. Urine collected outside of the hospital may be refrigerated for up to 24 hours. Urine specimens more than 2 hours old that have not been refrigerated are unacceptable for urinalysis or culture.