MARTIN HEALTH SYSTEM
Stuart, Florida
Laboratory Services

COLLECTION OF RANDOM URINE SPECIMENS

A. Random / Clean Catch Urine

1. First morning specimens are preferred, when possible, as these are the most concentrated and are the best indicators of the patient’s health status.

2. Wash hands thoroughly with soap and water.

3. Collection Procedure:

   **Females:**
   - Separate the skin folds around the urinary opening.
   - Wash the area with a soap pad or towelette using a front to back motion.
   - Repeat two more times.
   - Begin urinating into the toilet.
   - Insert specimen container into urine stream without allowing the container to touch the skin.

   **Males:**
   - Wash the head of the penis with the towelette or soap pad using front to back motion.
   - Repeat two more times.
   - Begin urinating into the toilet.
   - Insert specimen container into urine stream without allowing container to touch the skin.

4. Replace the container lid and secure tightly.

5. Label the specimen container with first and last name, date of birth, collection date and time.

6. Transport to the laboratory within one hour; or refrigerate up to 24 hours.