# Procedure for Midstream Clean Catch Urine Sample

**PLEASE READ INSTRUCTIONS COMPLETELY BEFORE BEGINNING**







**Step 1**: At the sink, wash your hands COMPLETELY using soap and warm water for at least 20 seconds.

**Step 2:** Remove urine cup from packaging.

**Step 3:** Hold the cup by the sides. Carefully

remove lid without touching the inside of the cup.

**Step 4:** Place lid upside down on a flat surface.

Step 5: Open sealed packets containing sterile cleansing towelettes.

DO NOT use on hands. This is for cleansing the genital area. (See step 6.)

**Step 6:** MALE - Use the first sterile cleansing towelette beginning at the end of penis & clean backward toward the body. Retract foreskin if

uncircumcised.

Use a second sterile cleansing towelette & repeat the process.

**Step 7:** MALE - Begin urination & allow a small amount of urine to go into the toilet.

**Step 6:** FEMALE - Use the first sterile cleansing towelette to clean the urethral opening &

surrounding area. Make sure all folds of skin are separated & cleaned. Use a second sterile cleansing towelette & repeat the process.

**Step 7:** FEMALE - Begin urination & allow a small amount of urine to go into the toilet.

**Step 8:** FEMALE - Hold the open urine cup by the sides. Continue urination & place open urine cup in urine stream. Hands & body parts MUST NOT

touch the inside or lip of the cup. Any remaining urine should go into the toilet.

**Step 8:** MALE - Hold the open urine cup by the sides. Continue urination & place open urine cup

in urine stream. Hands and body parts MUST NOT touch the inside or lip of the cup. Any remaining urine should go into the toilet.

**Step 9:** Hold the sterile yellow lid by the sides & tightly screw it onto the urine cup.

**Step 10:** Wipe the outside of the urine cup with a paper towel to remove any urine.

**Step** 11: Give sample to a healthcare professional immediately & wash hands completely with soap and warm water.

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