



## Instructions for Collecting a Clean Catch Urine Sample

### Female:

1. Wash hands with soap and warm water.
2. Spread the labia (folds of skin) apart with one hand and wipe with the towelette provided. Wipe from front to back.
3. Continue holding the labia apart. As you start to urinate, allow a small amount of urine to fall into the toilet bowl. (This clears the urethra of contaminants) Do not touch the inside of the cup.
4. After the urine stream is well established, urinate into the cup. Once an adequate amount of urine fills the cup (the cup only needs to be half-full), remove the cup from the urine stream.
5. Pass the remaining urine into the toilet.
6. Screw the lid on the cup tightly (do not touch the inside of the cup or lid). Give the cup to the lab assistant.

### Male:

1. Wash hands with soap and warm water.
2. If uncircumcised, retract foreskin.
3. Wipe the end of penis with towelette provided. As you start to urinate, allow a small amount of urine to fall into the toilet bowl. (This clears the urethra of contaminants) Do not touch the inside of the cup.
4. After the urine stream is well established, urinate into the cup. Once an adequate amount of urine fills the cup (The cup only needs to be half-full), remove the cup from the urine stream.
5. Pass the remaining urine into the toilet.
6. Screw the lid on the cup tightly (do not touch the inside of the cup or lid). Give the cup to the lab assistant.