



# SOUTHERN ILLINOIS HEALTHCARE

## Urine Collection

### Female

1. Obtain early morning specimens whenever possible.
2. Use the cleansing cloth provided to clean the labia, wiping from front to back.
3. Do not use any part of the cloth more than once.
4. Begin your stream into the toilet.
5. After a few seconds place the sterile container provided by the laboratory under the stream.
6. Immediately place the lid securely on the the container.
7. Return specimen to the laboratory immediately or keep refrigerated and return within 12 hours.

### Male

1. Obtain early morning specimens whenever possible.
2. Use the cleansing cloth provided to clean the head of the penis, retracting the foreskin, when applicable.
3. Do not use any part of the cloth more than once.
4. Begin your stream into the toilet.
5. After a few seconds place the sterile container provided by the laboratory under the stream.
6. Immediately place the lid securely on the container.
7. Return the specimen to the laboratory immediately or keep refrigerated and return within 12 hours.