



Clean Catch Urine Collection Instructions

What is a Clean Catch Urine Specimen?

A clean catch urine collection is a method of obtaining a urine specimen that is free of most germs that normally are found on the skin of your urinary area.

The patient should be given a towelette and a urine specimen cup to collect a sample of urine. They should follow the instructions below:

Urine Collection Technique for Women:	Urine Collection Technique for Men:
1. Wash hands thoroughly with soap and water.	1. Wash hands thoroughly with soap and water
2. Unscrew the lid of the specimen cup. Place the lid lid-up on the counter. To avoid contamination, do not touch the inside of the cup or lid.	2. Unscrew the lid of the specimen cup. Place the lid lid-up on the counter. To avoid contamination, do not touch the inside of the cup or lid.
3. Separate the skin folds around the urinary opening for collection.	3. If necessary, retract foreskin away from urinary tract opening.
4. Open the towelette packet and wash the urinary opening and the surrounding areas from front to back. Discard the cloth in the waste basket.	4. Use towelettes to clean tip of penis, including the urethral opening. Discard the cloth in the waste basket.
5. Void into toilet for a few seconds and then stop. Wait until the urine stream is well established before stopping	5. Void into toilet for a few seconds and then stop. Wait until the urine stream is well established before stopping.
6. Place the empty container into the path of the stream.	6. Place the empty container into the path of the stream.
7. Restart the urine stream and collect in sterile container to catch the middle portion of your flow	7. Restart urine stream and collect in sterile container to catch the middle portion of your flow.
8. Tightly screw the cap on the container and avoid touching inside of container.	8. Tightly screw the cap on the container and avoid touching inside of container.
9. Make sure the container is labeled with your name and date of birth.	9. Make sure the container is labeled with your name and date of birth.
10. Return the collected urine sample to a lab employee or to the designated area.	10. Return the collected urine sample to a lab employee or to the designated area.
11. If you have any questions, feel free to ask any laboratory employee.	11. If you have any questions, feel free to ask any laboratory employee.