

Laboratory Services

Midstream (Clean-Voided) Urine Collection

Your doctor has ordered tests that require a clean catch urine specimen. Below are instructions for collecting a urine specimen. It is important to follow these instructions. Any changes may result in inaccurate test results. If you have any questions, be sure to ask your provider for assistance.

Read through all instructions before beginning.

COLLECITON and TRANSPORTATION INSTRUCTIONS

- **Collecting the Specimen - Female**

- Wash your hands with soap and water; rinse; dry with a paper towel.
- Open container and place lid on counter with sterile side up.
- Spread labia minora (genital folds)
- Using wipes provided wipe front to back. Moving from above your urethra towards the anus.
- Make three passes using a clean side of the wipe. Once down the left, then right side of the labia, and once down the center.
- Continue holding the labia and start to urinate.
- While still urinating place the sterile container under the urine stream. Collecting a mid-stream sample.
- Replace cap securely on the specimen container (only touching the outside).
- Wipe excess urine off the outside of the container.
- Transport the specimen to the laboratory within 2 hours of collection.
- If this is not possible, refrigerate and transport as soon as possible within 24 hours.

- **Collecting the Specimen - Male**

- Wash your hands with soap and water; rinse; dry with a paper towel.
- Open container and place lid on counter with sterile side up.
- Hold penis with one hand and if uncircumcised, retract the foreskin before cleansing. Using a circular motion and an antiseptic swab, cleanse the urethral opening, moving from center to outside.
- While continuing to retract foreskin, start to urinate into toilet.
- While still urinating, place the sterile container in to the urine stream. Collecting a mid-stream sample.
- Replace cap securely on the specimen container (only touching the outside).
- Wipe excess urine off the outside of the container.
- Transport the specimen to the laboratory within 2 hours of collection.
- If this is not possible, refrigerate and transport as soon as possible within 24 hours.

Label the specimen with patient's full name, date of birth, date/time of collection, and doctor that ordered the sample.
