

CLEAN CATCH URINE COLLECTION

Please follow all instructions carefully. *If you are unable to provide a specimen, please inform a member of your care team.*

1

Wash your hands thoroughly.

2

For Women: Use two antiseptic towelettes. First, separate vaginal folds and clean the area inside to outside with one towelette. Then, use another towelette to wipe front to back.

For Men: Using an antiseptic towelette, clean the area around the end of the penis. Pull back the foreskin if you are not circumcised.

3

Hold the urine cup by the outside. Be careful not to touch the rim, the inside of the cup or the underside of the lid.

4

Start to urinate into the toilet, then stop mid-stream and continue to urinate into the cup.

5

When the cup is about 1/2 full, remove the cup from the stream and finish urinating into the toilet.

6

Replace lid on urine specimen cup and return sample to the lab.



WHOLE HEALTH FOR YOUR WHOLE LIFE