

How To Provide A Clean Catch Urine Sample

To get the best possible test results, please follow these instructions carefully

Instructions for females:

- 1. Wash your hands with soap and water, then rinse and dry.
- 2. Open the two towelettes and place them on a clean surface. (i.e., paper towel)
- 3. Place towelettes and specimen container within easy reach.
- 4. Sit comfortably on the seat and swing one leg to the side as far as possible.
- 5. With one hand spread the labia folds and keep them spread during the cleansing and collection of the urine specimen.
- 6. **WASH** the area from which the urine is passed. Use the two soap towelettes. Using one towelette at a time, begin to wash gently—wiping only from front to back between the folds of skin. Discard that towelette. Repeat the front to back wash process, using the second towelette.
- 7. **VOID** a small amount of urine into the toilet, then collect a portion of the urine in the specimen container. The cup should be held to avoid contact with skin and clothing. Keep the fingers away from the rim and inner surface of the container.
- 8. When voiding is completed, close the container, wash the hands, and label the container with your name and give the container to the attendant.
 - If you are collecting the specimen at home, take the labeled container to the place directed by your health professional (office or lab) immediately. It is important to **keep the specimen cold** from the time it is collected until you are ready to take it to the office or lab.



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Instructions for males:

- 1. Wash the hands with soap and water, rinse and dry.
- 2. WASH. Expose the penis, retract the foreskin (if not circumcised), and wash the end of the penis with one towelette.
- 3. **VOID**. Pass the first portion of urine into the toilet, then pass a portion of remaining urine into the specimen container. The cup should be held to avoid contact with any skin and clothing. Keep the fingers away from the rim and inner surface of the container.
- 4. When voiding is completed, close the container, wash the hands, label the container with your name, and give the container to the attendant.
 - If you are collecting the specimen at home, take the labeled container to the place directed by your health professional (office or lab) immediately. It is important to **keep the specimen cold** from the time it is collected until you are ready to take it to the office or lab.