

## **Patient Information: Collecting a Clean Catch Urine Specimen**

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### **How do I collect a clean catch urine specimen?**

- Wash your hands thoroughly with soap and water.
- Open the lid of the urine container carefully; avoid touching the inside of the container.
- Cleanse your genital area according to the following procedure:

#### **Man:**

- If you are uncircumcised, draw back the foreskin before cleansing.
- Clean the tip of your penis using the sterile cleansing towelette provided, beginning at the tip and moving towards the base.

#### **Woman:**

- Standing with your legs straddling the toilet, use the fingers of one hand to separate and hold open the folds of skin in your genital area.
  - Clean the urinary opening and surrounding area with the cleansing towelette provided, moving from front to back.
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- Discard the towelette in the trash.
  - Begin urinating into the toilet. After the urine has flowed for a few seconds into the toilet, catch the mid-portion of the urine flow in the container. When sufficient urine has been collected (approximately one-half full), finish urinating into the toilet.
  - Place the lid on the container and screw it on tightly.
  - Wipe the outside of the container with a paper towel.
  - Wash your hands thoroughly with soap and water.
  - Check the specimen label to assure that it contains the correct patient identification information (Name/DOB).