

Clean Catch Urine Collection

Your provider has requested a clean catch urine specimen. It is important that you follow these instructions carefully.

MALE:

1. Wash hands.
2. Retract the foreskin completely.
3. Cleanse the glans penis with two sterile wipes provided. Dispose of the wipes in the wastebasket.
4. Begin to urinate into the toilet, voiding 20-25 mL.
5. While continuing to urinate, place the collection cup in the urine stream and fill $\frac{1}{2}$ to $\frac{3}{4}$ full. Do not touch the legs or clothing with the cup.
6. Finish urinating into the toilet.
7. Put the lid on the cup, making sure it is securely tightened

FEMALE:

1. Remove undergarments.
2. Wash hands thoroughly with soap and water, rinse them, and dry them on a disposable paper towel or shake off excess water.
3. Separate the lips of the vagina, keeping them spread throughout the entire procedure.
4. Using the sterile wipes provided, thoroughly cleanse the outside areas of the vagina and urethral opening, wiping from front to back. Dispose of the wipe into the wastebasket.
5. Repeat the front to back cleansing with another wipe. Dispose of the wipe into the wastebasket.
6. Begin to urinate into the toilet, voiding 20-25mL.
7. While continuing to urinate, place the sterile cup in the stream and fill $\frac{1}{2}$ to $\frac{3}{4}$ full. Do not touch the rim or inner surface of the cup or lid, or clothing with the cup.
8. Finish urinating into the toilet.
9. Put the lid on the cup, making sure it is securely tightened.