

Clean Catch Urine Instructions For the Patient

A clean-catch urine specimen is a sample of urine necessary when your healthcare provider wants to test your urine for bacteria, which may be causing an infection in your urinary tract. A clean-catch specimen is a way of collecting urine that does not contain a lot of bacteria from the skin. Please follow these instructions to collect a clean-catch midstream urine specimen:

1. Wash your hands with soap and water.
2. Remove the lid of the urine container, taking care not to touch the inside of the container.
3. Follow the appropriate instructions below:

| MALE | FEMALE |
|---|--|
| Gently wipe the tip of the penis around the opening with antiseptic towelette. If you have not been circumcised and still have your foreskin, gently pull the foreskin back before you wash the tip of the penis. Keep holding it back until you are finished getting the urine sample. | Separate the skin folds around the urinary opening. Wash the area with a soap pad or towelette using a front to back motion. Repeat twice. Begin urinating into the toilet with the skin folds held apart with the fingers. |

4. Start to urinate into the toilet, then stop.
5. Insert sterile cup collection container into urine stream without allowing container to touch the skin area.
6. Fill half of the container and remove from the urine stream.
7. Replace the container lid and seal completely.