

### **Male Patient Instructions for Midstream Clean Catch Urine Collection**

1. You will be provided with a sterile specimen container and cleansing towelettes.
2. Wash hands with soap and water.
3. Remove the lid of the specimen container and place it on the counter, top side down. To maintain sterility, do not touch the inside of the urine collection container or the underside of the lid.
4. Open a towelette package, unfold the towel completely and cleanse the end of the penis, using a circular motion. Begin at the urethral opening and work away from it, using two to three towelettes. If uncircumcised, retract the foreskin and clean thoroughly.
5. While holding foreskin retracted (if applicable), start to urinate in toilet.
6. As you continue to urinate, pick up the container, being careful not to touch the inside of it, and bring it into the stream of urine to collect the sample.
7. Finish urinating into the toilet.
8. Place the lid tightly on the urine container. Wipe excess urine off outside of container with a paper towel.
9. Wash hands with soap and water.
10. Place urine specimen in the basket outside of the restroom or other location designated by the Clinical Laboratory Technician.

### **Female Patient Instructions for Midstream Clean Catch Urine Collection**

1. You will be provided with a sterile specimen container and cleansing towelettes.
2. Wash hands with soap and water.
3. Remove the lid of the specimen container and place it on the counter, top side down. To maintain sterility, do not touch the inside of the urine collection container or the underside of the lid.
4. Start with 3 towelettes. Open one and unfold the towelette completely. Use this to clean the vulva **from front to back** on the left side. Use the second towel to repeat the process on the right side, and the third towel to clean from front to back down the center of the urinary opening.
5. While holding labia apart, begin to urinate in the toilet.
6. As you continue to urinate, pick up the container, being careful not to touch the inside of it, and bring it into the stream of urine to collect the sample.
7. Finish urinating into the toilet.
8. Place the lid tightly on the urine container. Wipe excess urine off outside of container with a paper towel.
9. Wash hands with soap and water.
10. Place urine specimen in the basket outside of the restroom or other location designated by the Clinical Laboratory Technician.