

CLEAN CATCH URINE ENGLISH

For Women

1. Wash your hands thoroughly.
2. Use two antiseptic towelettes. First, separate vaginal folds and clean the area inside to outside with one towelette. Then, use another towelette to wipe front to back.
3. Hold the urine cup by the outside. Be careful not to touch the rim, the inside of the cup or the underside of the lid.
4. Start to urinate into the toilet, then stop mid-stream and continue to urinate into the cup.
5. When the cup is about 1/2 full, remove the cup from the stream and finish urinating into the toilet.
6. Replace lid on urine specimen cup and return sample to the lab.

For Men

1. Wash your hands thoroughly.
2. Using an antiseptic towelette, clean the area around the end of the penis. Pull back the foreskin if you are not circumcised.
3. Hold the urine cup by the outside. Be careful not to touch the rim, the inside of the cup or the underside of the lid.
4. Start to urinate into the toilet, then stop mid-stream and continue to urinate into the cup.
5. When the cup is about 1/2 full, remove the cup from the stream and finish urinating into the toilet.
6. Replace lid on urine specimen cup and return the sample to the lab.

Note:

The urine sample should be refrigerated if the urine cannot be transported to the lab in 2 hours.