

Clean Catch Urine Specimen Collection Instructions

Important Note: All specimen containers must be labeled with both the patient's first and last names as well as a second identifier such as the patient's medical record number or date of birth. Containers without two identifiers will be rejected.

A clean-catch urine specimen is necessary when your health care provider wants to test your urine for bacteria, which may be causing an infection. 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. Keep the container within reach.
3. **Female Patients:** Gently wash the vulva area well using the provided antiseptic towelette washing from front to back. Keep labia separated with your finger.
4. **Male Patients:** Gently wash the tip of the penis using the provided towelette.
5. Pass a small amount of urine into the toilet bowl and stop. *Some people find it difficult to stop urinating once they have started. If this is a problem, do not try to stop. Catch some urine in the cup a few seconds after the stream has begun.
6. Place the empty container in the path of the stream.
7. Restart the urine stream into the container. Stop when the container is approximately half full.
8. Finish urinating into the toilet.
9. Tightly screw the lid on to the urine container, taking care not to touch the inside of the container.
10. Store the container refrigerated and return to the lab within 24 hours of collection.
11. Label the container with the date and time of collection, the patient's name and date of birth and /or medical record number. Return the container to your physician's office or a Guthrie Hospital Laboratory.

