

## Instructions for Clean Catch Midstream Urine Collection

**The patient should be given a towelette and a urine specimen cup to collect a sample of urine. They should follow the instructions below:**

1. Unscrew the lid of the urine specimen cup. Place the lid lip-up on the counter. To avoid contamination, do not touch the inside of the cup or lid.
2. Cleanse with the towelette as follows:

**Males** – The patient should wipe the head (end) of the penis in a single motion with the towelette. If the patient has not been circumcised, they should hold the foreskin back before cleansing and continue to hold it back while they are collecting the urine sample.

**Females** – The patient should separate the labia, which are the folds of skin on either side of the area from which you urinate. They should wipe the inner folds of skin from front to back in a single motion with the towelette. The patient should make sure to keep the labia separated while they are collecting the urine sample.

3. Urinate a small amount into the toilet.
4. Place the collection cup under the stream of urine and continue to urinate into the cup. Once the collection cup is full, finish urinating into the toilet.
5. Replace the lid on the cup, and tighten the lid securely.
6. Give the specimen to the staff.