



## Clean Catch Midstream Urine Collection

It is important that this specimen be as clean as possible. Please read the instructions carefully before you start. If you have any questions, ask the laboratory tech or nurse that handed this to you or contact our laboratory at 260-266-1500 option 1.

1. Wash your hands before collection
2. Unscrew cap of the cup. Place cap on counter with “straw” facing upward.  
**TO AVOID CONTAMINATION, DO NOT TOUCH INSIDE OF CUP, CAP OR STRAW.**
3. Cleanse yourself with towelettes as follows:

<b>MALE:</b> Wipe head of penis in a single motion with first towelette. Repeat with second towelette. If not circumcised, hold foreskin back before cleansing.	<b>FEMALE:</b> Separate the labia. Wipe inner labial folds front to back in a single motion with the first towelette. Wipe down through center of labial folds with second towelette. Keep labial separated.
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4. Urinate a small amount of urine directly into toilet.
5. Stop flow of urine. Then hold specimen container and move into “midstream” to collect sample.
6. Finish voiding into the toilet.
7. Replace cap on cup. Tighten cap securely.
8. Wash hands after collection.
9. Specimen should be labeled with full legal patient name, date of birth, date and time of collection.

**CAUTION:**

**DO NOT REMOVE LABEL FROM CAP  
SHARP NEEDLE LOCATED UNDER LABEL.**