

URINE COLLECTION INSTRUCTIONS

Clean Catch Midstream Collection

1. For collection, you have been given the following:
 - Blue sterile screw cap specimen container
 - Towelette
2. **Label the urine container** with your **first and last name, date of birth** and **date and time of collection**. If a label is already on the container, verify that your first and last name and date of birth are accurate.
3. **Wash your hands** thoroughly with soap and water.
4. **Remove the cap** from the specimen container and **place it flat side down**. **Do not touch the inside of the cap**, to avoid contamination. Also, **do NOT remove the yellow sticker** on the blue cap.
5. **FEMALES:** Separate the skin folds around the urinary opening. Wash the area with the towelette, using a front to back motion.
MALES: Wash the head of the penis, including the urethral opening, with the towelette.
6. **Void into the toilet for a few seconds then stop**. **Place the collection container into the urine stream without allowing the container to touch the skin area**.
7. **Restart the urine stream and collect the urine** in the container.
Do not overfill the container.
8. **Tightly screw on the cap** and **avoid touching the inside of the container**.
9. **Place the collected urine sample in the designated area**, per directions of the lab associate.