

Clean Catch Urine Collection

A clean catch is a way to collect a urine sample mid-stream. This is the best way to get a sample without any—or very few—germs from the penis or vagina. A clean catch may be ordered by your doctor to test for an infection.

How to do a clean catch sample:

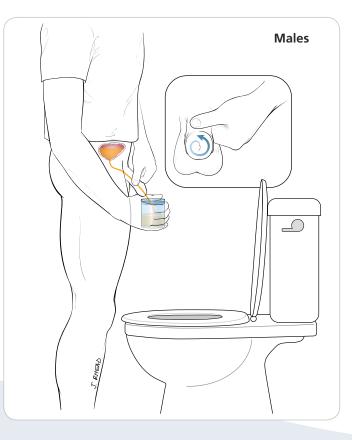
Follow these instructions to get a clean catch sample. Children may need the help of a parent or caregiver to get a clean catch.

- 1 Get a sterile specimen container and several towelettes from the nurse, medical assistant, or lab technician.
- 2 Make sure the container (**not the lid**) is labeled with your name, birth date, and the date and time the urine was collected. Confirm the information with your nurse or lab technician. (You may need to fill in the label if this is a home collection.)

- 3 Wash your hands well with soap and water.
- **4** Using a towelette, clean the genital area (penis or vagina).

Males: Clean the head of the penis.

Females: Separate the folds of the labia near the urinary opening with your thumb and forefinger. Clean inside with the towelette moving down and to the back. Keep the folds separated during urination.





- **5** Open the specimen container. **Do not touch the inside of the container or the lid**.
- **6** Begin to urinate into the toilet and then stop mid-stream. As you urinate, bring the container into the stream. Fill the container only half way and then finish urinating into the toilet.
- **7** Screw lid onto specimen container. Do not touch the inside of the lid.
- **8** Wipe the outer surface of the container if it is soiled.
- 9 Wash your hands well with soap and water.
- **10 At the clinic:** Put the specimen container in the urine pass-through window or as instructed by the nurse or lab technician.

At home: Place the specimen container in a sealed plastic bag and take it to the laboratory within 1 hour. If you can't get it to the laboratory within 1 hour, put the specimen in the refrigerator. Take the refrigerated urine to the lab within 18 hours of collection.

My follow-up appointment

Date/Time:____

Place:___

Doctor:



Questions for my doctor

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