

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.



