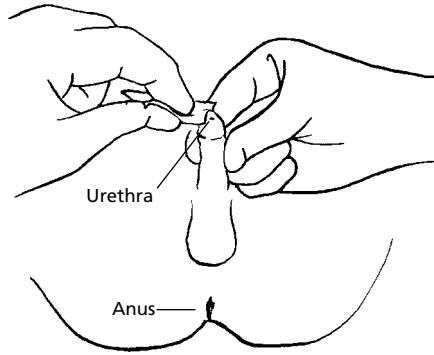


# Let's Talk About...



**C**ollecting urine from children is common. Urine samples tell doctors how a child's body is working.

## **Before you collect the urine . . .**

Use a sterile (completely clean) container or urine bag and some clean wipes from the clinic to collect the sample. If you can't get a collection container, use a clean jar. Wash the jar with hot, soapy water. Then rinse the jar well. If you don't have wipes to clean the penis, use a clean washcloth with soap and water.

Follow the instructions below to get the urine sample. Get the sample early in the morning before coming to the clinic. Keep it in the refrigerator or in a cooler. Then bring it to the clinic or office nurse.

If you have to collect the urine on a non-clinic day, the sample should be brought to the outpatient lab as soon as possible or as your nurse tells you.

If you live more than an hour away from the clinic, it is better to get the urine sample at the clinic instead of at home. If it is impossible to

## **Clean catch urine samples for boys**

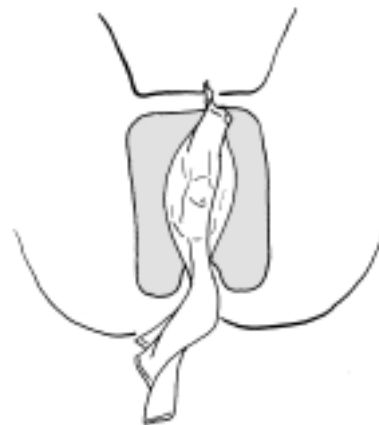
collect a urine sample in the clinic, urine can be kept refrigerated or cooled for 24 hours.

It is important that the urine you collect is clean. The following steps will help you collect pure urine.

### **How do you collect urine?**

#### **Infant boys**

- 1** Gently wash the penis with wipes. Use two wipes to clean the skin well (see picture at left).
- 2** Let the penis dry briefly before applying the urine bag.
- 3** To apply the urine bag, remove the paper from the back of the bag and press the sticky side around the base of penis. The penis must be inside the bag.



- 4** If your baby isn't urinating, try feeding him and/or holding him close to you. You may have to keep the bag around his penis for a while until he urinates. It is helpful to keep your baby still so the bag does not fall off.

**5** As soon as your baby fills the bag, remove it gently and seal it.

**6** Put the sample in the refrigerator until you are able to bring it to the clinic.

**Older boys**

**1** Wash your son's penis gently with two wipes. If your son is uncircumcised, pull back the foreskin only if it moves easily (usually by age four to six).

**2** Have him start to urinate into the toilet. Catch some urine in the sterile cup. Take the cup away before he is finished urinating. Be careful not to put your fingers inside the cup.

**3** Place the lid on the cup. Refrigerate the sample until you are able to bring it to the clinic.