

Let's Talk About...

Urine collection for girls

Collecting urine (pee) from children is a common procedure. Tests done on urine samples can tell healthcare providers how a child's body is working.

What do I do before I collect the urine?

Before you collect the urine, get a sterile urine collection container or a urine bag and some clean wipes from the clinic. If you are at home and cannot get a sterile 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 your child's private area (the skin folds or labia), use a clean washcloth with soap and water. Do not use lotions, powders, or oils on your child's private areas before you collect the urine sample.

How do I collect urine?

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

Infant girls

- Wash your hands with soap and water.
- Using the wipes from the clinic, or a washcloth, gently clean between the skin folds (labia). Hold the labia open and wipe from front to back using all three wipes (as shown in the drawing). Use one wipe down the right side, the second wipe down the left side, and the third wipe down the middle. Let the skin dry briefly (see step 1).
- Apply the urine bag. Remove the paper from the back of the urine bag and press the sticky side to the skin (see step 2).

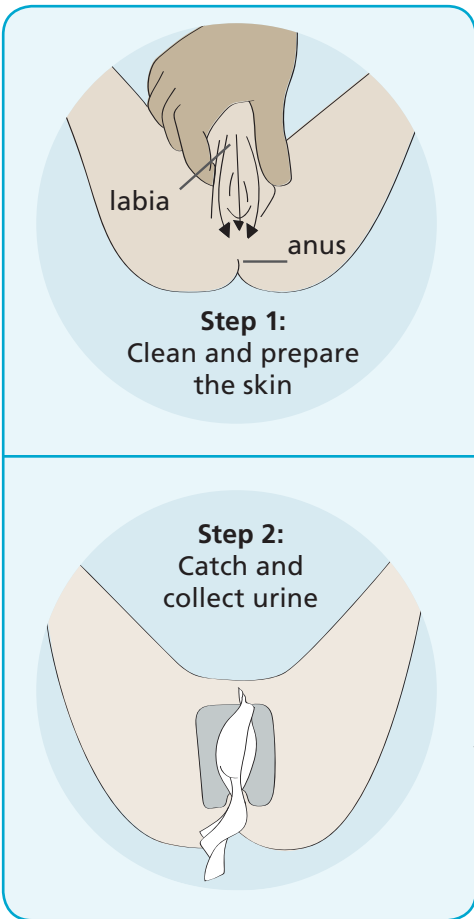


- If your baby doesn't produce any urine, try feeding her or holding her close to you. You may have to keep the bag on her for a while until she urinates (pees). It is helpful to keep your baby still so the bag does not fall off. Reapply a new bag if she has not urinated for more than 30 minutes after the bag is applied.
- As soon as your baby produces about one tablespoon of urine in the bag, remove the bag gently and seal it. You may also drain the urine from the bag into a sterile urine collection container or clean jar. Do not touch the inside of the container or the inside of the lid.
- If you are at home, label the container with your child's name, birthday, and the time you collected the urine.
- Put the sample in the refrigerator until you can bring it to the clinic.

Older girls

- Wash your hands with soap and water.
- Have your daughter sit on the toilet with her legs spread apart.

- Have your daughter wipe the folds of skin from front to back. She should use a washcloth with soap and water if the area is red and sore. If it is not sore, your daughter can use wipes instead.
- Your daughter should start to urinate (pee) into the toilet. Catch about one tablespoon or more of urine in the sterile cup. Do not collect or scoop urine flowing down her leg. Collect the urine as it streams into the toilet.
- Take the cup away before your daughter is finished urinating. Be careful not to put your fingers inside the cup or inside the lid.
- Place and secure the lid on the cup, and wipe off the outside of it.



What do I do with the urine sample after I collect it?

If you are at home, label the container with your child’s name, birthday, and the time you collected the urine. Keep the urine sample in a refrigerator or cooler. Bring it to the clinic or office as soon as possible. Urine can be refrigerated or cooled for 24 hours. You might need to put the urine into a portable cooler on a bag of ice if your trip to the clinic takes longer than 1 hour.

Notes

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