

Let's Talk About...

Clean Catch Urine Samples for Girls

Collecting urine (pee) from children is a common procedure. Laboratory tests done on urine samples can tell doctors how a child's body is working.

What do I do before I collect the urine?

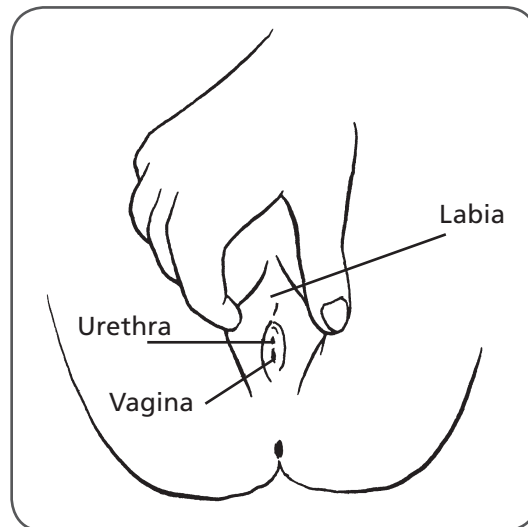
Before you collect the urine, get a sterile urine collection container or a urine bag and some clean wipes from the clinic. If you are at home and cannot get a sterile collection container, use a clean jar. Wash the jar with hot, soapy water then rinse the jar well. If you don't have wipes to clean your 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

- 1 Wash your hands with soap and water.
- 2 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. Use one wipe down the right side,



the second wipe down the left side, and the third wipe down the middle.

- 3 Let the skin dry briefly.
- 4 Apply the urine bag. Remove the paper from the back of the urine bag and press the sticky side to the skin.
- 5 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.
- 6 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.
- 7 If you are at home, label the container with your child's name, date of birth, and the time you collected the urine.
- 8 Put the sample into the refrigerator until you are able to bring it to the clinic.

Older girls

- 1 Wash your hands with soap and water.
- 2 Have your daughter sit on the toilet with her legs spread apart.
- 3 Have her hold her folds of skin (labia) open with her thumb and index finger (as shown in the drawing).
- 4 Have your daughter wash the area from front to back using three wipes. Use one wipe down right side, the second wipe down the left side, and the third wipe down the middle.
- 5 Have her start to urinate (pee) into the toilet. Catch about one Tablespoon or more of urine in the sterile cup. Take the cup away before she is finished urinating. Be careful not to put your fingers inside the cup or inside the lid.
- 6 Place the lid on the cup. Don't touch the inside of the cup or the inside of the lid. Wipe off the outside of the cup.
- 7 If you are at home, label the container with your child's name, date of birth, and the time you collected the urine.
- 8 Put the sample in the refrigerator until you are able to bring it to the clinic.

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

If you are in clinic, give the sample to the nurse or medical assistant (MA). If you are at home, 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 one hour.

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