

Clean Catch Urine Sample for Girls

It is common for parents to collect a urine (pee) sample from their child. Tests done on urine samples can tell healthcare providers how your child's body is working. This handout will help you successfully collect urine for testing.

What do I need to 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 your child's care team. If you are at home and can't get a sterile collection container, use a clean jar. Wash the jar with hot, soapy water, then rinse the jar well.

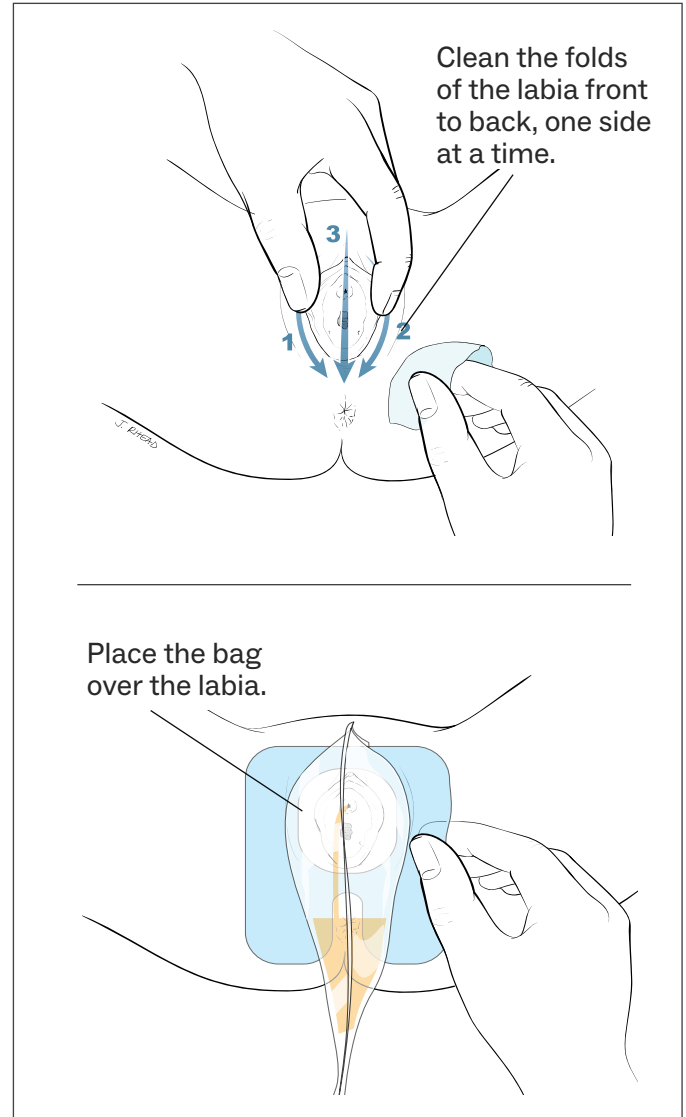
If you don't have wipes to clean your child's labia (the skin folds around the urethra and vagina), use a clean washcloth with soap and water. Do not use lotions, powders, or oils on your child's labia before you collect the urine sample.

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.
- Holding the labia open, gently wipe between the folds from front to back. Use one wipe down the right side, the second wipe down the left side, and the third wipe down the middle, or use a clean area on the washcloth for each wipe. Let the skin dry briefly.
- Remove the paper from the back of the bag and press the sticky side to the skin. Put on a diaper to hold the bag in place.
- If your baby isn't urinating (peeing), try feeding them or holding them close to you. You may have to keep the bag in place until they urinate. It is helpful to keep your baby still so the bag does not fall off. If they have not urinated within 30 minutes after attaching the bag, remove it and put on a new one.



- As soon as your baby produces 1 tablespoon or more of urine, gently remove the bag 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.
- To prevent the spread of germs, wash your hands again with soap and water.

Older girls

- You and your child should wash your hands with soap and water.
- Remove the lid from the sterile cup. Place the lid on a clean surface, within easy reach, with the inside of the lid facing up.
- Have your child wipe the folds of the labia from front to back using a washcloth with soap and water if the area is red and sore. If it is not sore, they can use the wipes.
- Have your child start to urinate into the toilet first. Catch about one tablespoon or more of urine in the sterile cup after they have starting urinating. **Do not scoop or collect urine if it is running down the leg.** Collect the urine as it streams into the toilet.
- Take the cup away before they are 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.
- To prevent the spread of germs, you and your child should wash your hands again with soap and water.

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, birth date, 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 ice if your trip to the clinic takes longer than 1 hour.

Notes

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