

CLEAN CATCH URINE COLLECTION & 24 HOUR COLLECTION

For Urinalysis or Urine Culture

A midstream, clean catch urine specimen must be free of contamination. You can help ensure the accuracy of your test results by following these instructions.

SUPPLIES

1. Antiseptic Towelettes
2. Sterile specimen container – use the sterile specimen container that has been provided for you. If one has not been provided, sterilize an ordinary jar and lid, such as a mayonnaise jar. Scrub and rinse them well. Boil in water for ten minutes to sterilize.

COLLECTION INSTRUCTIONS – FEMALE

1. Wash hands with soap and water, rinse and dry.
2. Separate and hold the labia apart with one hand; continue to hold the labia apart until the sample has been collected.
3. **NOTE:** if you are menstruating, insert a fresh tampon or stop flow with gauze BEFORE proceeding to step #4.
4. Using a towelette or soapy water, cleanse the urinary opening and surrounding areas, wiping from **front to back**.
5. Repeat step #4 with a clean towelette.
6. Continue to hold the labia apart and begin to urinate into the toilet. Do not stop the flow of urine.
7. Collect the midstream portion of urine into the sterile container.
8. **Tightly secure** the lid on the container. Label it with your full name and date of birth.

COLLECTION INSTRUCTIONS – MALE

1. Wash hands with soap and water, rinse and dry.
2. Cleanse the penis:
 - a. **Circumcised:** using a towelette or soapy water, cleanse the head of the penis, using a circular motion.
 - b. **Uncircumcised:** retract the foreskin and keep it retracted until the sample has been collected. Using a towelette or soapy water, cleanse the head of the penis, using a circular motion.
3. Begin to urinate into the toilet. Do not stop the flow of urine.
4. Collect the midstream portion of urine into the sterile container.
5. **Tightly secure** the lid on the container. Label it with your full name and date of birth.

SPECIMEN PRESERVATION / STABILITY

1. Specimen should be refrigerated at 2 – 8° C immediately after collection. Specimens stored at room temperature are unacceptable. Refrigerated samples are stable for up to 8 hours for urinalysis and 24 hours for culture.
2. **RETURN THE SPECIMEN TO THE LABORATORY AS SOON AS POSSIBLE.**

24 Hour Urine

Your physician has asked you to provide a 24 hour urine specimen. You can help insure the accuracy of your test results by following these instructions. If you have any questions, please call the laboratory at 371-4113.

Patient Preparation

- Avoid alcoholic beverages, vitamins and other medication (if possible) for at least 24 hours prior to specimen collection and during the collection period. Check with your doctor prior to discontinuing any medication.
- Do not exceed your normal intake of liquids during the day before and the day of collection unless your physician gives you specific instructions to do otherwise.
- Be aware that some 24 hour urine tests also require you to have your blood drawn.

24 Hour Urine Container

- You should have a laboratory order from your physician identifying the test(s) requested.
- If the 24 hour urine container has not been pre-labeled with your full name and date of birth, please label the container with your name and date of birth.
- Keep the 24 hour urine jug in an upright position at all times.
- Be sure the white cap is securely screwed on top of the jug.
- The 24 hour urine jug may contain an acid or another form of preservative, designated by a Caution Acid sticker. These preservatives may cause burns to the skin or be harmful to the eyes. Do not dispose of the preservative. Keep the container out of reach of children.
- Do not void directly into the container. Void into the provided specimen hat and pour the urine into the container.
- Keep the container in a cool place during collection, refrigerate or place in a cooler with ice.

Collection Instructions

- The collection period begins when you get up in the morning and empty your bladder. **Do not collect this urine.** This is the start of the 24 hour collection. Document the start date and time on the specimen container label.
- Collect and save all subsequent urine for the next 24 hours in the container provided.
- Make your final collection when you empty your bladder the next morning, approximately 24 hours from the start time marked on your specimen container. Document the end date and time on the specimen container label.
- Collect urine only up to the 3000 mL line on the jug. If necessary, continue collecting in a second container.
- Store urine jug in the refrigerator during the entire collection period, and until delivery to the lab.
- Return the specimen to the laboratory as soon as possible. Be sure to bring the laboratory order form along with the specimen.

Return Urine to the Lab

- Verify the sample has been labeled with your full name and date of birth.
- Be sure the start / end dates and times have been documented on the container.
- Return the container along with the laboratory order form to the outpatient lab. (See Laboratory Hours on right.)
- If returning a specimen outside of regular hours, please bring the specimen to the main lab, located in the basement.
- Be sure to check in with lab personnel before you leave, as some 24 hour urine tests also require a blood draw.