

Clean Catch Urine Instructions – Female

Important: Failure to follow instructions may cause delay in treatment and unintended expense.

1. Wash hands with soap and water.
2. Spread labia (fold of skin) apart with one hand and wipe with the towelette provided. Wipe from front to back.
3. Continue holding the labia apart. As you start to urinate, allow a small amount of urine to fall into the toilet bowl (This clears the urethra of contaminants) Do not touch the inside of the cup.
4. After the urine stream is well established, urinate into the cup. Once an adequate amount of urine fills the cup (the cup only needs to be half-full), remove the cup from the urine stream.
5. Pass the remaining urine into the toilet.
6. Screw the lid on the cup tightly (do not touch the inside of the cup or lid). Place the urine sample in the designated area/cupboard.