

## Clean Catch Urine Collection

### Patient Instructions

Please read this entire handout before you begin your urine collection.

### Collection Instructions

Wash hands thoroughly with soap and water before urine collection. Remove the container lid and place topside down on the counter keeping the inside of the lid sterile.

#### Women

1. Open the towelette. Gently wash the vaginal area with the towelette, wiping from the front to the back. Discard the towelette.

#### Men

1. Open the towelette. Wipe the end of the penis with the towelette. Discard the towelette.

#### Both Women and Men

1. Begin urination, passing the first portion into the toilet. Place the sterile container under the stream of urine and collect the rest of the urine into the container.
2. After you have finished, tighten the cap evenly and tightly onto the container and wipe away any spilled urine from the outside of the container.
3. Wash hands thoroughly with soap and water afterwards.

### Returning the Urine Specimen

1. Ensure the container is properly labeled with the following:
  - First and last name
  - Date of birth
  - Date of collection
  - Time and a.m./p.m. of collection
2. Place the container inside the zippered compartment of the biohazard bag. Place your physician's order in the outside pocket of the bag.
3. As soon as possible on the day you finish your urine collection, bring the biohazard bag containing the doctor's order and urine container and to any Eisenhower Labtechniques draw site location listed below.
4. When you arrive please notify an Eisenhower staff member that you are dropping off a urine collection. Do not leave your biohazard bag on the counter.

**For any questions regarding these instructions, please contact Client Services at 760-773-1377.**