

Instructing Patients on Collecting a Clean Catch Urine

Male Instructions for Midstream Clean Catch Urine Collection

1. Do not touch the inside of the urine collection container or the underside of the lid.
2. Wash hands with soap or a cleansing towelette.
3. Start with 2-3 sterile cleansing towelettes. Withdraw the foreskin, if uncircumcised. Thoroughly cleans the end of the penis with 2-3 towelettes. Beginning at the urethra and working away from it.
4. While holding foreskin retracted, begin to void in toilet. After several mls of urine have passed, collect midstream portion without stopping flow of urine or contaminating the container. Do not touch the inside of the container with the penis.
5. Void excess urine in toilet.
6. Place the lid tightly on the urine container. Wipe excess urine off outside of container with a paper towel.
7. Place urine in the red basket outside of the restroom.

Female Instructions for Midstream Clean Catch Urine Collection

1. Do not touch the inside of the urine collection container or the underside of the lid.
2. Wash hands with soap and water.
3. Start with 3 sterile cleansing towelettes. With the sterile cleansing towelette completely unfolded, wipe urethral area from front to back once. Discard towelette. Do this three times using a clean towelette each time (wipe left, center, and right side of urethral area).
4. While holding labia apart, begin to void in toilet. After several mls of urine have passed, collect midstream portion without stopping flow of urine or contamination the container.
5. Void excess toilet.
6. Place the lid tightly on the urine container. Wipe excess urine off outside of container with a paper towel.
7. Place urine in the red basket outside of the restroom.