

Urine Collection: Patient Instructions



General Instructions: For All

Caution: DO NOT REMOVE the label from the top of the Urine Collection Cup. There is a needle under the label.

1. Wash hands thoroughly with soap and water.
2. Unscrew the blue cap.
3. Place the blue cap on counter with “straw” facing upwards. Do not touch inside of cap or straw.
4. Urinate into the urine collection cup without touching the inside or lip of the cup.
5. Replace the blue cap onto the cup.
6. Return the sample to the healthcare worker.

Mid-Stream Clean Catch Instructions

(This may or may not apply to you. Ask your caretaker.)

Female Instructions

1. Stand in a squatting position over the toilet. Separate the folds of skin around the urinary opening.
2. Cleanse the area around the opening with the first castile soap towelette.
3. Repeat using a second clean towelette.
4. Urinate the first portion of urine in the toilet.
5. As you continue to urinate, bring the cup into the midstream to collect the urine sample.
6. Do not touch the inside or lip of the cup.
7. Urinate remainder of urine into the toilet.
8. Replace the blue cap onto the urine collection cup.
9. Return the sample to the healthcare worker.

Male Instructions

1. Cleanse the end of the penis with the first castile soap towelette beginning at the urethral opening and working away from it (the foreskin of an uncircumcised male must be retracted).
2. Repeat using a second clean towelette.
3. Urinate the first portion of urine in the toilet.
4. As you continue to urinate, bring the collection cup into the midstream to collect the urine sample.
5. Do not touch the inside or lip of the cup.
6. Urinate remainder of urine into the toilet.
7. Replace the blue cap onto the cup.
8. Return the sample to the healthcare worker.