Collecting a Clean Catch Urine Sample

It is very important to follow the instructions given by the laboratory staff for collecting your urine sample.

Preparing for the collection:

1. Wash your hands thoroughly with soap and water.
2. Open the lid of the urine container carefully; avoid touching the inside of the container or lid.
3. Clean your genital area. Follow the steps below:

   **Male**
   - Clean the tip of your penis using the towelette provided, beginning at the tip and moving towards the base (if you are not circumcised, draw back the foreskin before you clean.)

   **Female**
   - Stand over the toilet and use the fingers of one hand to separate and hold open the folds of skin in your genital area.
   - Clean the urinary opening and surrounding area with the towelettes provided:
     - wipe down the left fold of skin from front to back, discard this towelette
     - wipe down the right fold of skin from front to back, discard this towelette
     - wipe down the center from front to back, discard this towelette.

4. Begin urinating into the toilet bowl. After the urine has flowed for a few seconds into the toilet, catch the mid-portion of the urine flow in the collection container. When the urine sample has been collected (about one-half full), finish urinating into the toilet.

5. Place the lid on the container and screw it on tightly.
6. Wipe the outside of the container with a paper towel.
7. Wash your hands thoroughly with soap and water.
8. Check the sample label to be sure it contains your correct identification information.
9. Place the container in the area designated for urine samples.