Clean Catch Midstream Urine Collection Instructions

**FEMALE patients:**
1. Wash hands with soap and water and thoroughly dry.
2. Remove the urine container cap being careful not to touch the inside of the cap or container.
3. Put the cap on a flat surface with the inside of the cap facing up.
4. Remove first soap towelette from packaging.
5. With one hand, separate the folds of the urinary opening. Using the first towelette, wipe the inner folds of skin from front to back in a single motion.
6. Use the second towelette to wipe down through the center of the folds with one downward stroke, front to back.
7. Start to urinate into the toilet, and then bring the cup into the midstream of the urine to catch the urine in the container until it is ¾ full. Finish urinating in the toilet.
8. Without touching the inside of the urine container, screw the cap firmly on.
9. Wash your hands with soap and water and thoroughly dry.
10. Give specimen to lab staff as instructed.

**MALE patients:**
1. Wash hands with soap and water and thoroughly dry.
2. Remove the urine container cap being careful not to touch the inside of the cap or container.
3. Put the cap on a flat surface with the inside of the cap facing up.
4. Remove first soap towelette from packaging.
5. If uncircumcised, hold the foreskin back before cleansing and continue to do so while collecting the urine sample.
6. Wipe the end of the penis in a single motion.
7. Repeat this with the second towelette.
8. Start to urinate into the toilet, and then bring the cup into the midstream of the urine to catch the urine in the container until it is ¾ full. Finish urinating in the toilet.
9. Without touching the inside of the urine container, screw the cap firmly on.
10. Wash your hands with soap and water and thoroughly dry.
11. Give specimen to lab staff as instructed.

15 ml is the minimum volume for most tests.