Urine Collection-Instructions for Clean Catch Midstream

You have been given towelettes and a urine specimen cup to obtain a sample of your urine. Please follow the instructions below.

1. Wash your hands with soap and water. Dry thoroughly.
2. Unscrew the cap of the urine specimen cup. Place the cap on the counter with the lid facing up. To avoid contamination, do not touch the inside of the cup or cap.
3. Cleanse yourself with towelettes as follow:
   - **Males**-Wipe the head (end) of your penis in a single motion with the first towelette. Repeat this with the second towelette. If you are not circumcised, hold the foreskin back before cleansing and continue to hold it back when you are collecting the urine sample.
   - **Females**-Separate the labia, which are the folds of skin on either side of the area from which you urinate. Wipe the inner folds of skin from front to back in a single motion with the first towelette. Then wipe down through center of labial folds with the second towelette. Make sure to keep the labia separated while you are collecting the urine sample.
4. Urinate a small amount into toilet.
5. Place the collection cup under the stream of urine and continue to urinate into the cup. Once the collection cup is full, finish urinating into toilet.
6. Replace the cap on the cup, and tighten the cap securely.
7. Give the specimen to the staff.

The above instructions may be copied and given to patients. If the specimen is for urinalysis and/or culture, the urine specimen cup must be received in the laboratory within 2 hours of collection. If that is not possible, the urine specimen may be refrigerated for up to 8 hours. Ideally, use of the Boritex collection tube allows room temperature storage for up to 48 hours. If the Boritex system is used, once the patient collects a clean catch specimen as instructed above, the specimen must then be poured into the Boritex tube up to the fill line and recapped securely. The tube should then be mixed until the white pellet (a preservative) dissolves.