

Clean Catch (Midstream) Urine Specimen Collection Instructions

1. Obtain sterile container and a towelette for cleansing from healthcare provider.
2. Wash your hands with soap and water.
3. Make sure specimen container is labeled with your name and date of birth.
4. Open the urine specimen container. Avoid touching the inside of the container or inside of lid.
5. Open the towelette pack and cleanse genital area with towelette.

Female Genitalia : Separate folds of urinary opening with thumb and forefinger and clean with towelette, using downward strokes only; keep separated during urination into container.

Male Genitalia : Clean the tip of the penis, including the urinary tract opening. If necessary, retract the foreskin from the urinary tract opening.

5. Begin urination into toilet. As urination continues (mid-stream), place container in path of urine stream. Fill the container halfway with urine.
6. Tightly screw the lid of the urine container. Avoid touching the inside of the lid or container.
7. Wash your hands with soap and water.
8. Return the sample to healthcare worker. Return the sample to the laboratory within 1 hour of collection, or store refrigerated for up to 24 hours.

Visit the Blanchard Valley Health System Online Laboratory Test Directory for more information:



<https://bvhealthsystem.testcatalog.org/>