

## Patient Collection Instructions

### Clean Catch Urine Collection



**Patient:** Please read this instruction sheet. If you have any additional questions about collection of your specimen, please call (317)-776-7379.

#### **Why do I need these instructions?**

Your physician has ordered tests that require a urine sample. Following these instructions will help ensure the accuracy of the tests.

#### **Where do I need to collect my sample?**

The specimen can be obtained at the clinic, outpatient lab, or at home. The first morning urine should be obtained for the best results.

#### **What do I need to collect this sample?**

Female: 3 cleaning towelettes + 1 sterile container

Male: 1 cleaning towelette + 1 sterile container

#### **How do I collect this sample?**

Label the container with your name and with the date and time the specimen was collected. Perform the following steps in this order for Female or Male as appropriate.

##### **FEMALE:**

1. Wash your hands with soap and water.
2. Remove towelettes from package.
3. Clean as follows:
  - a. Separate folds of urinary opening with forefingers and clean inside with towelettes (Use downward strokes).
  - b. Use a separate towelette for each side and a third towelette for the middle area.
  - c. Wipe from front to back with one stroke only.
4. Remove lid from sterile specimen container
5. Begin to urinate into toilet to clean out contamination in the urethra.
6. As urination continues, bring container into stream to obtain a clean specimen.
7. Try to fill the container half-full.
8. Place cap tightly on container.

##### **MALE**

1. Wash hands with soap and water.
2. Clean head of penis with towelette. If not circumcised, pull foreskin back for cleaning and hold back during urination.
3. Remove lid from sterile specimen container.
4. Begin to urinate into toilet to clean out contamination in the urethra.
5. As urination continues, bring container into stream to obtain a clean specimen.
6. Try to fill the container half-full.
7. Place cap tightly on container.

#### **Where do I take the sample?**

Return the container to the Outpatient Laboratory within one hour. The Outpatient Laboratory hours are 7:00am to 6:00pm, Monday through Friday, and 7:00am to 12:00pm on Saturday. After hours, please call (317)-776-7240.