



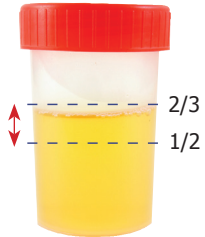

Patient Instructions for Urine Collection

Your care provider has asked for a urine sample.


A clean-catch midstream collection is a method of obtaining a urine sample free of most germs that are normally found in the skin of your urinary area.



Clean-Catch Midstream Collection

-  Wash hands thoroughly with soap and water. Dry hands.
- Remove the cap on the container and set it aside. **Do not touch the inner surface of the cap, rim or inside of the container.**
-  **WOMEN:** Keep legs apart and hold the skin folds (labia) apart and **first pass a small amount of urine into the toilet before moving the container into the stream of urine. Fill the container halfway to two-thirds full.**

 **MEN:** Retract the foreskin and **first pass a small amount of urine into the toilet before moving the container into the stream of urine. Fill the container halfway to two-thirds full.**

Releasing a small amount of urine into the toilet prevents bacteria that normally resides in the urinary area from contaminating your sample.

- You may finish emptying your bladder directly into the toilet.
- Replace cap and tighten firmly.
-  Wash hands thoroughly with soap and water.
- Please place sample in designated cabinet or deliver sample to appropriate personnel as instructed.

Your care provider will let you know when your results are available.