



Clean Catch Urine Specimen Collection Instructions

All specimen containers must be labeled with both the patient's first and last names as well as a second identifier such as the patient's medical record number or date of birth. Containers without two identifiers will be rejected.

A clean-catch urine sample helps diagnose infections and urinary conditions by minimizing contamination from skin bacteria. By following the collection steps carefully, you ensure more accurate test results, which is essential for effective diagnosis and treatment.

Instructions

Female	Male
<ol style="list-style-type: none">1. Wash your hands thoroughly with soap and water, then dry with a clean towel.2. Open the sterile collection container carefully, placing the lid upside down on a clean surface. Avoid touching the inside of the lid or container.3. Separate the labia (skin folds around the vaginal opening) with one hand, and keep them apart throughout the cleaning and urination process.4. Clean the area using provided cleansing towelettes as follows:<ol style="list-style-type: none">a. First wipe: Use a towelette to wipe one side of the labia from front to back (vaginal opening toward the anus). Discard the towelette.b. Second wipe: Use a new towelette to wipe the other side of the labia, again from front to back. Discard the towelette.c. Third wipe: Use a final towelette to clean down the center, from front to back over the urinary opening.5. Begin urinating into the toilet for a few seconds, then, while keeping the labia spread, move the collection container into the urine stream to collect the midstream sample.6. Stop collecting before you finish urinating and remove the container from the urine stream.7. Seal the container tightly, ensuring it is closed securely.8. Label the container with your full name, date of birth, and the date and time of collection.9. Immediately give the sample to a phlebotomist, lab technician, or deliver it directly to the laboratory.	<ol style="list-style-type: none">1. Wash your hands thoroughly with soap and water, then dry with a clean towel.2. Open the sterile collection container carefully, placing the lid upside down on a clean surface. Avoid touching the inside of the lid or container.3. If uncircumcised, retract the foreskin to expose the head of the penis.4. Clean the head of the penis with a towelette, wiping in a circular motion from the urethral opening outward.5. Begin urinating into the toilet for a few seconds, then move the container into the urine stream to collect the midstream sample.6. Stop collecting before you finish urinating and remove the container from the urine stream.7. Seal the container tightly, ensuring it is closed securely.8. Label the container with your full name, date of birth, and the date and time of collection.9. Immediately give the sample to a phlebotomist, lab technician, or deliver it directly to the laboratory.

Questions

Call **800.888.8598** or <https://garcialab.com/our-team/>