

How To Provide A Clean Catch Urine Sample

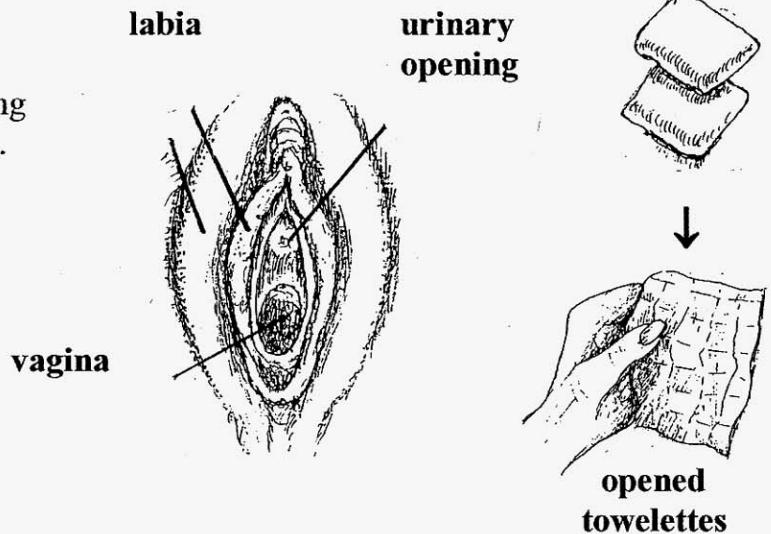
To get the best possible test results, please follow these instructions carefully

Instructions for females:

1. Wash your hands with soap and water, then rinse and dry.
2. Open all the towelettes and place them on a clean surface. (i.e., a cloth or paper towel)
3. Place towelettes and specimen container within easy reach.
4. Remove all undergarments.

5. Sit comfortably on the seat and swing one leg to the side as far as possible.

6. **With one hand spread the labia folds and keep them spread during the cleansing and collection of the urine specimen. (see the diagram)**



7. **WASH** the area from which the urine is passed. Use the two soap towelettes. Using one towelette at a time, begin to wash gently wiping only from front to back between the folds of skin. Discard that towelette. Repeat the front to back wash process, using one towelette at a time.

8. **RINSE.** Rinse with sterile saline towelettes. Use the front to back motion

9. **VOID** a small amount of urine into the toilet, then collect a portion of the urine in the specimen container. The cup should be held to avoid contact with skin and clothing. Keep the fingers away from the rim and inner surface of the container.

