

How To Provide A Clean Catch Urine Sample

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

Instructions for males:

1. Wash the hands with soap and water, rinse and dry.
2. **WASH.** Expose the penis, retract the foreskin (if not circumcised), and wash the end of the penis with one towelette.
3. **RINSE.** Rinse with the sterile saline towelette.
4. **VOID.** Pass the first portion of urine into the toilet, then pass a portion of remaining urine into the specimen container. The cup should be held to avoid contact with any skin and clothing. Keep the fingers away from the rim and inner surface of the container.
5. When voiding is completed, close the container, wash the hands, label the container, dress, and give the container to the attendant.

If you are collecting the specimen at home, take the labeled container to the place directed by your health professional (office or lab) immediately. It is important to **keep the specimen cold** from the time it is collected until you are ready to take it to the office or lab.

(Instructions for females on other side)