

## Laboratory (907) 714-4418

### Patient Instructions for Clean Catch Urine

#### Females

##### Collection Materials:



Sterile, Leak-Proof Container (Urine Cup)  
Pre-Moistened Towelette

##### Specimen Collection:

1. Remove the lid and set aside.
2. DO NOT TOUCH INSIDE OF LID OR CONTAINER.
3. Open pre-moistened towelette - With one hand, separate the skin folds around the urinary opening.
4. Wash from front to back using towelette.
5. Keep the skin folds parted with the fingers of one hand and urinate a small amount into the toilet.
6. Move the container into position and continue to urinate into the cup to collect the specimen.
7. Finish urinating into the toilet
8. Place lid tightly on the specimen container.
9. Label cup with: First/Last name, Date of Birth, Date/Time of collection.

#### Males

##### Collection Materials:



Sterile, Leak-Proof Container (Urine Cup)  
Pre-Moistened Towelette

##### Specimen Collection:

1. Remove the lid and set aside.
2. DO NOT TOUCH INSIDE OF LID OR CONTAINER.
3. Open pre-moistened towelette - Wash the end of the penis with the towelette, pulling back the foreskin if not circumcised.
4. Urinate a small amount into the toilet.
5. Move the container into position and continue to urinate into the cup to collect the specimen.
6. Finish urinating into the toilet.
7. Place lid tightly on the specimen container.
8. Label cup with: First/Last name, Date of Birth, Date/Time of collection.