



Clean Catch Urine Collection Instructions

Introduction

What is a Clean Catch Urine Specimen?

A clean catch urine collection is a method of obtaining a urine specimen that is free of most germs that normally are found on the skin of your urinary area.

Why is this type of collection ordered?

The clean catch method is used to avoid contaminating the urine sample with bacteria that are normally present in the urethra and appear in a voided urine sample.

Urine Collection Technique for Women:

- 1 Wash hands thoroughly with soap and water.
- 2 If you are menstruating, insert a fresh tampon to stop the flow.
- 3 Separate the skin folds around the urinary opening for collection.
- 4 Open the towelette packet and wash the urinary opening and the surrounding areas from front to back. Discard the cloth in the waste basket.
- 5 Void into toilet for a few seconds and then stop. Wait until the urine stream is well established before stopping.
- 6 Place the empty container into the path of the stream.
- 7 Restart the urine stream and collect in sterile container to catch the middle portion of your flow.
- 8 Tightly screw the cap on the container and avoid touching inside of container.
- 9 Make sure the container is labeled with your name and date of birth.
- 10 Place the urine sample inside the biohazard bag with the absorbent sheet and return to laboratory employee or in designated area.