



# MEN

## Patient Instructions for Midstream Urine Collection

~ You have been provided with 2 cleansing towelettes and a sterile urine cup ~



1. Please wash your hands thoroughly for 10 seconds with **soap** and **water**; rinse and dry.
2. Urine cup provided to you is sterile.
3. Unscrew the cap on the urine cup and place cap on counter with the inside of cap

facing upward



**Do not touch inside of cap.**

4. Open cleansing towelettes. Cleanse yourself with the towelettes as follows:
  - a.) Cleanse the head of the penis in a single circular motion with the first towelette.
  - b.) Repeat this with the second towelette.

**\*\*Note: If **not** circumcised, retract the foreskin before cleansing.**
5. Keep foreskin retracted to prevent contamination - urinate a small amount into the toilet –  
- **Do not save this urine** – then use the cup to collect urine (**midstream urine sample**)  
until the cup is at least half full.
6. Finish urinating into the toilet.
7. Replace cap on the cup securely.
8. Discard cleansing towelettes into the trash can.
9. Please ensure your first and last name is on the label provided on the urine cup. If no label was provided on your urine cup, please handwrite first and last name, date of birth, and date & time of collection.

**\*\*\*Note: Specimen cannot be contaminated with stool.**