



Clean Catch Urine Specimens

You have been asked to provide a urine sample. It is important that this sample be as clean as possible. **Please read this notice, before you start.** If you have any questions, ask the healthcare staff for help.

To give the best results:

1. Wash hands thoroughly (for at least 10 seconds) with soap and water.

2. Use a sterile collection cup and disposable cleansing wipes provided by your healthcare provider.



3. Unscrew the cap of the urine sample cup. Place cap on the counter with the inside facing upwards. **Do not touch the inside of the cap.**

4. Cleanse yourself with the wipes as follows:

Females: Separate the folds of skin on either side of the vagina and wipe front to back in a single motion with first wipe. Wipe down through the center with the second wipe. Keep the folds separated and urinate a small amount into the toilet. Proceed with step 5.

Males: Wipe the head of the penis in a single motion with the first wipe. Repeat with the second wipe. If not circumcised, hold foreskin back before cleansing. Void a small amount into the toilet. Proceed to step 5.

5. Begin to void, then place cup under the urine stream and void into the cup. (Collect the middle portion of voiding.) Fill cup at least one-half full. Remove cup and finish voiding in the toilet.

6. Replace cap on the cup. Tighten cap securely. Discard wipes into trash can.

7. Do not remove the label from urine cup. Ensure that your name, date, and time of collection is on the cup. Do not label the lid.

8. Urine samples must be returned the same day as ordered and within **2 hours** of collection.

It is imperative that Same Day Surgery patients submit urine on the day of order. Failure to do so could result in cancellation of surgery.

If you have any questions concerning this information, please call
Laboratory Client Services at (405) 515-1100.