



PATIENT INSTRUCTIONS FOR COLLECTING CLEAN CATCH URINE – FEMALE

The laboratory staff will be happy to answer any questions you may have. Please feel free to contact us at 526-5305.

It is very important to clean completely before collecting your sample. Failure to follow directions will affect the results your doctor receives.

Collection Procedure:

1. You should receive three packaged towelettes.
Open all three towelettes. Do not remove from wrapper.
2. Remove specimen cup cover. Do not touch inside the cover or inside the cup.
3. Place cover on a clean surface. The inside of the lid should face up.
4. Remove the first packaged towelette. Wipe thoroughly from front to back.
Throw away in basket.
5. With second towelette wipe inside the fold from front to back. Throw away in wastebasket.
6. With third towelette, wipe inside the folds again. Throw away in wastebasket.
7. Begin to urinate into the toilet. While urinating, move the specimen cup into the path of the urine so that you catch some specimen before you have finished urinating. The cup does not need to be full. If the specimen reaches the second line at the bottom of the cup, it is enough.
8. Remove the specimen cup and finish urinating into the toilet.
9. Securely screw the cover onto the cup so the sample will not leak.
10. Wipe off the outside of the cup.
11. **Write the patient's name, date of birth, date and time of collection on label of container.**
12. Deliver within 1 hour of collection or refrigerate until delivered to the laboratory.