

## **PATIENT INSTRUCTIONS FOR COLLECTION OF CLEAN CATCH MIDSTREAM URINE SPECIMENS**

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### **MALE:**

1. Wash hands thoroughly for at least 10 seconds.
2. Open towelette, remove lid from container.
3. Pull foreskin back (if indicated).
4. Use the towelette to wipe in a circular motion, starting at the opening and moving outward.
5. Discard towelette in the toilet.
6. After the cleansing process:
  - A. Void a small amount into the toilet
  - B. Stop the stream of urine and position the container
  - C. Continue voiding into the container. The container doesn't need to be more than  $\frac{1}{4}$  to  $\frac{1}{2}$  full.
  - D. Remove container.
  - E. Finish voiding into the toilet.
7. Replace lid tightly and put the container in the pass through box or give to the technologist.

### **FEMALE:**

1. Wash hands thoroughly for at least 10 seconds.
2. Open towelette, remove lid from container.
3. With index and middle fingers of one hand, hold layer of skin apart and use the towelette to wipe from front to back.
4. Discard towelette in toilet.
5. After the cleansing process:
  - A. Void a small amount into the toilet.
  - B. Stop the stream of urine and position the container.
  - C. Continue voiding into the container. The container doesn't need to be more than  $\frac{1}{4}$  to  $\frac{1}{2}$  full.
  - D. Remove container.
  - E. Finish voiding into the toilet.
6. Replace lid tightly and put the container in the pass through box or give to the technologist.