

“CLEAN CATCH” URINE COLLECTION (Females)

A clean catch urine specimen is the best way for your doctor to find a urinary tract infection.

Before You Begin

1. Wash your hands.
2. Remove the urine container cap.
3. Place the cap on a flat counter top with the inside of the cap face up.
4. Open packet of 3 wipes.

Urine Collection

1. Clean your genital area with the wipes following the instructions below:
 - a. While seated on the toilet, spread the outer folds of the genital area.
 - b. With the first wipe, clean one side of the inner fold using a single downward stroke. Throw away the wipe.
 - c. With the second wipe, repeat step b on the other side using a single downward stroke. Throw away the wipe.
 - d. With the third wipe, clean the center area with a single downward stroke. Throw away the wipe.
2. Start to urinate into the toilet, then bring the cup into the “midstream” of the urine to catch the urine in the cup.
3. Without touching the inside of the urine container cap, screw the cap firmly onto the container.
4. Write your first and last name on the top of the container.
5. Place your labeled container in cabinet or on the shelf.
6. Wash your hands.