

## **CLEAN CATCH /MIDSTREAM URINE COLLECTION (FEMALES)**

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

### **Instructions**

1. Wash your hands with soap and water. Rinse them and dry with paper towel or allow to air dry.
2. Remove the urine container cap being careful not to touch the inside of the cap or container.
3. Put the cap on the counter with the inside of the cap face up.
4. Remove towelettes or cleansing sponges from packaging.
5. Using one hand, separate the folds of the urinary opening. With the first towelette, clean one side of the inner fold, using a single *downward* stroke.
6. With the second towelette, clean the opposite side with one *downward* stroke.
7. With the third towelette, clean the center area with one *downward* stroke.
8. Start to urinate into the toilet, and then bring the cup into the “midstream” of the urine to catch the urine in the container. Fill the container only half way. Finish urinating in the toilet.
9. Without touching the inside of the urine container, screw the cap firmly on.
10. Write your first and last name on the container (not the cap).
11. Place the container on the cabinet or shelf.
12. Wash your hands.

