

*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. Retract the foreskin if present.
6. Cleanse the head of the penis with the towelette or cleansing sponge. Using one *downward* stroke. Repeat this two more times using a new towelette each time.
7. Start to urinate into the toilet, and then bring the container into the “midstream” of the urine to catch the urine in the cup. Fill the container only half way. Finish urinating in the toilet.
8. Without touching the inside of the urine container, screw the cap firmly on.
9. Write your first and last name on the container (not the cap).
10. Place the container on the cabinet or shelf.
11. Wash your hands.

