

CLEAN CATCH URINE COLLECTION INSTRUCTIONS – FEMALE

Please carry out the following steps carefully. This will help the laboratory provide you and your doctor with the most accurate test results. After collection, it is important to take the specimen to the lab as soon as possible.

If you cannot return the specimen to the laboratory within one (1) hour of collection, refrigerate the urine specimen and keep it cool until it is delivered to the lab. Refrigerated samples should be delivered to the lab within 8 hours of collection.

PREPARATION:

With a pen or marker, please write (print) on the label on the cup:

- your LEGAL FIRST and LAST NAME and
- your BIRTHDATE.
- We also highly recommend writing the date and time of collection.

Loosen the lid to make ready for use.

Open three (3) towelettes to make ready for use. Sit far back on the toilet.

CLEANSING:

Separate the folds of skin around the urinary opening. Keep them separated until urine specimen has been collected. Be sure to wipe from FRONT TO BACK each time!

With the 1st towelette, wipe once down the center of the urinary opening; discard towelette.

With the 2nd towelette, wipe once down one side; discard towelette.

With the 3rd towelette, wipe once down the other side; discard towelette.

Pass a small amount of urine into the toilet and stop. This helps cleanse the urinary opening.

COLLECTION:

Urinate into the cup. A half-filled cup is preferred, but at least 10 ml is considered acceptable.

Twist lid TIGHTLY on the cup (a click is heard when securely closed) and return it to laboratory personnel.

Thank you for your cooperation.

Munson Medical Center Laboratories

