

## Patient Instructions

# Clean Catch Midstream Urine Collection for Men

---

1. Wash and dry your hands thoroughly.
2. Remove underclothing far enough to adequately clean and collect the urine specimen.
3. With the antiseptic pads provided, retract the foreskin if not circumcised, cleans the exposed penis. Use all antiseptic pads provided.
4. Remove the lid from the urine container and hold. Do not touch the inner surface of the urine container.
5. Begin to urinate, and pass a small amount of urine into the toilet. After the small amount has been voided in the toilet, collect a specimen in the container by filling the container about  $\frac{1}{2}$  full.
6. If you accidentally touch the inside of the urine cup, drop the cup, or otherwise contaminate the cup, please ask for a new one.
7. When urine collection is complete, tighten the lid securely on the cup.
8. Write your Name, Date of Birth and Date/Time of collection on the urine label.
9. Deliver to the laboratory technician as soon as possible. If delivery to the laboratory is delayed, refrigerate the urine sample until it can be delivered to the laboratory.

If you should have any questions, please contact the Laboratory Patient Care Services at (301) 754-7835.