

Patient Instructions

Clean Catch Midstream Urine Collection for Women

1. Wash and dry your hands thoroughly.
2. Remove underclothing completely and sit comfortably on the seat, swinging one knee to the side as far as possible.
3. Spread the labia with one hand and continue to hold the labia spread while you clean and collect the urine specimen.
4. Using each one of the antiseptic cleansing pads provided, wipe from front of your body to the back.
5. Wash between the folds as carefully as you can. Do not use antiseptic pads more than once.
6. With your leg and labia still spread, hold the urine cup outside and allow a small amount of urine to be voided in the toilet. After allowing a small amount to be voided, collect a specimen until the container is about $\frac{1}{2}$ full.
7. If you accidentally touch the inside of the urine cup, drop the cup, or otherwise contaminate the cup, please ask for a new one.
8. When urine collection is complete, tighten the lid securely on the cup.
9. Write your Name, Date of Birth and Date/Time of collection on the urine label.
10. 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.