

## Clean Catch Urine Specimen Collection Instructions

### **For Males:**

1. Withdraw the foreskin if uncircumcised.
2. Cleanse the head of the penis with soap towelettes or soapy cotton balls.
3. Rinse cleansed area with a towelette or water soaked cotton ball..
4. Hold the collection cup with your fingers on the outside; do not touch the rim.
5. Pass the first portion of urine into the toilet, the mid-portion into the *sterile* container, and the rest into the toilet.
6. Place the lid securely on the container, and label the container, *not the lid*, with your name and date of birth.

### **For Females:**

1. Sit on the toilet and separate the labial folds manually.
2. With soap towelettes or soapy cotton balls, cleanse between the folds of skin, wiping from front to back
3. Rinse cleansed area with towelette or water soaked-cotton balls, wiping from front to back.
4. Hold the collection cup with your fingers on the outside; do not touch the rim.
5. Pass the first portion of urine into the toilet, the mid-portion into the *sterile* container, and the rest into the toilet.
6. Place the lid securely on the container, and label the container, *not the lid*, with your name and date of birth.