



## INSTRUCTIONS FOR CLEAN CATCH MID-STREAM COLLECTION

Dear Patient:

Your physician has ordered a urine test to be done in which the presence/absence of bacteria or germs is important. Please read the following brief instructions for specimen collection prior to your coming in for the testing. The specimen for this test can be easily contaminated, thereby affecting the results. In order to obtain accurate and valid results, it is extremely important that proper technique, especially the cleansing portion, be used when obtaining the urine specimen. This will enable the doctor to accurately evaluate the results of the tests.

\_\_\_\_\_ Urinalysis

\_\_\_\_\_ Urine Culture

Please follow these instructions for the urine collection:

1. Wash your hands thoroughly with soap. Open the sterile cup; be careful to not touch the label covering the hole in the lid or the inside of the cup or lid. Set the cup and lid (topside down) on a shelf or sink.
2. Open the towelette and wash genital area thoroughly as follows:  
Female:
  - a. Spread folds of skin and hold open
  - b. Wash area from front to back only. Keep skin spread open.Male:
  - a. Retract foreskin completely.
  - b. Wash tip of penis. Keep skin retracted.
3. Keeping area open, urinate, passing the first portion into the toilet. Keep area open.
4. Hold the outside of the cup with your other hand and DO NOT touch the rim of the cup with skin, fingers, or clothing. Still keeping area open, urinate into the container.
5. Without touching the inside of the lid, place it on the container tightly.
6. Write your name on the outside of the cup.
7. Deliver to a Covenant Healthcare Laboratory Patient Service Center within an hour.
8. Refrigerate the specimen if there is any delay in delivery.

**Thank you for allowing Covenant HealthCare Laboratory to be of service.  
If you have further questions, please call 583.6742.**