

Urine Collection

Directions for Clean-Catch (Midstream) Collection:

• *Males*

Instruct patient to collect specimen as follows:

1. Withdraw foreskin if uncircumcised.
2. Clean glans with sterile, soapy cotton balls or equivalent beginning at urethra and working away.
3. Rinse cleansed area with 2 successive, sterile, water-soaked cotton balls beginning at urethra and working away.
4. Begin urinating and pass first portion into toilet, mid-portion into appropriate container, and rest again into toilet.

• *Females*

Instruct patient to collect specimen as follows:

1. Sit on toilet and then separate labia minora manually.
2. Cleanse urethral meatus and surrounding areas with sterile, soapy cotton balls.
3. Rinse cleansed area with 2 successive sterile, water-soaked cotton balls wiping from front to back.
4. Begin urinating and pass first portion into toilet, mid-portion into appropriate container, and rest again into toilet.

24-Hour and Timed Urine Collections:

Containers for 24-hour and other timed urine specimens are brown jugs/containers. If needed, they may contain an additive for specific testing that will be added by the lab; these will be labeled as such. Call the lab to obtain a container that requires an additive prior to start of collection.

—In the case of 24-hour and other timed urine specimens, **the entire collection is required to be submitted.**