

CLEAN CATCH URINE SPECIMEN COLLECTION INSTRUCTIONS



IMPORTANT NOTE: All specimen containers must be labeled with both the patient's first and last names as well as a second identifier such as the patient's medical record number or date of birth. Containers without two identifiers will be rejected.

A clean-catch urine specimen is a sample of urine. It is necessary when your health care provider wants to test your urine for bacteria, which may be causing an infection in your urinary tract. A clean-catch specimen is a way of collecting urine that does not contain a lot of bacteria from the skin.

Instructions

Please follow these instructions to collect a clean-catch midstream urine specimen:

FEMALE	MALE
<ol style="list-style-type: none">1. Ensure urine container is labeled with your full name and medical record number or birthdate.2. Wash your hands thoroughly in warm soapy water and dry with a paper towel or allow to air dry.3. Remove the urine container cap, taking care not to touch the inside of the cap or the inside of the container.4. Put the cap on the counter with the inside of the cap face up.5. Open towelette. Separate the folds of the urinary opening with fingers and clean inside using one towelette, moving from the front to the back.6. Clean one side and discard towelette.7. With a new towelette, clean the center area and discard towelette.8. With a third new towelette, clean the other side and discard towelette.9. Continue to hold the folds open and begin urinating into the toilet.10. Bring the specimen container into the urine stream and collect a "midstream" specimen. Stop when the container is approximately half full.11. Finish urinating in the toilet.12. Tightly screw the cap on the container taking care not to touch the inside of the cap or the inside of the container.	<ol style="list-style-type: none">1. Ensure urine container is labeled with your full name and medical record number or birthdate.2. Wash your hands thoroughly in warm soapy water and dry with a paper towel or allow to air dry.3. Remove the urine container cap, taking care not to touch the inside of the cap or the inside of the container.4. Put the cap on the counter with the inside of the cap face up.5. Open towelette. Retract foreskin (if present) and use the towelette to clean the entire head of the penis.6. Begin urinating into the toilet.7. Bring the specimen container into the urine stream and collect a "midstream" specimen. Stop when the container is approximately half full.8. Finish urinating in the toilet.9. Tightly screw the cap on the container taking care not to touch the inside of the cap or the inside of the container.

Questions

Call **800.862.7284** or mlabs.umich.edu