

## URINE COLLECTION

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### **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-orange 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. —

1. Don't save the urine from your first time urinating. Flush this first specimen, but note the time. This is the start time of the 24-hour collection.
2. Use the plastic cup provided to catch all the urine you pass each time you urinate for the next 24 hours. You also may use a clean paper or glass container, but not a metal container.
3. Pour the urine into the brown-orange collection jug/container after each time you urinate. Rinse the plastic cup or glass container with tap water after each use. Throw away a paper container after one use.
4. If a preservative is in the brown-orange collection jug/container, it is important that you do not urinate into the orange collection container because the preservative could splash on you and cause a burn.
5. If possible, keep the urine in the refrigerator unless instructed otherwise.
6. Place the lid on the container tightly so that no urine is lost.
7. Deliver the urine container back to the lab as soon as possible following collection for 24 hours. (The same morning your collection is completed if at all possible.)