



CLINICAL PATHOLOGY LABORATORIES

A Sonic Healthcare Clinical Laboratory

Instructions for Clean Catch Urine

Women

- If you are menstruating, wear a tampon.
- Wash your hands thoroughly.
- Unwrap sterile container, remove lid and set it top side down on a dry surface.
- Use the antibacterial disposable cloth and clean front to back.
- Holding the labia apart with one hand and sterile container in the other, urinate a small amount in the toilet first, then collect urine in the cup. Finish urinating in the toilet (midstream collection).
- Be careful not to touch the inside of the container, replace the lid.



Men

- Wash your hands thoroughly.
- Unwrap sterile container, remove lid and set it top side down on a dry surface.
- Expose and thoroughly clean the glans with the antibacterial disposable cloth.
- With the foreskin retracted, urinate a small amount in the toilet first, then collect urine in the cup. Finish urinating in the toilet (midstream collection).
- Be careful not to touch the inside of the container, replace the lid.



Sample should be immediately given to the phlebotomist.