PATIENT EDUCATION

MaineHealth

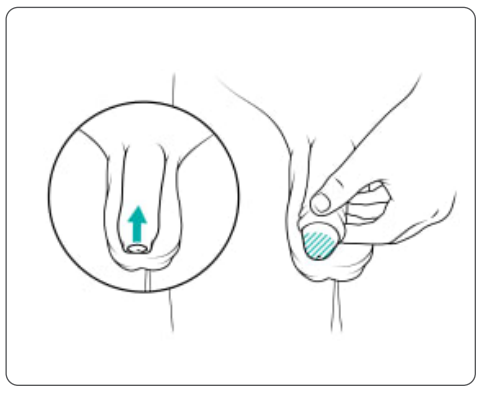
Care Information

How to Collect a Clean Catch Urine Sample

1. Wash your hands with warm, soapy water.
2. Open the container and put the lid down with the inside facing the ceiling. **Do NOT** touch the inside of the lid or container.
3. Open the cleansing wipes that were given to you. There should be 3 wipes in the box.

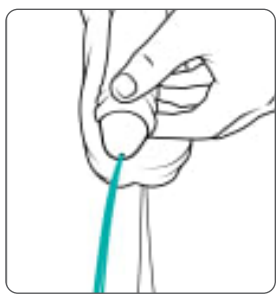
If you have a penis follow these instructions:

4. Hold your penis with your non-dominant hand. If you are not circumcised, move your foreskin away from where your urine (pee) comes out.



5. Clean the tip of your penis using 1 wipe at a time.
   a. Start from **center and move in a circular motion towards the outside.**
   b. Throw the wipe away.

   Do the same thing with the other 2 wipes.



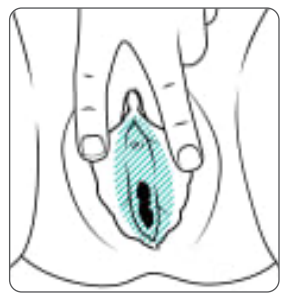
6. Without touching the area you just cleaned, start urinating (peeing) into the toilet for 2 to 3 seconds.



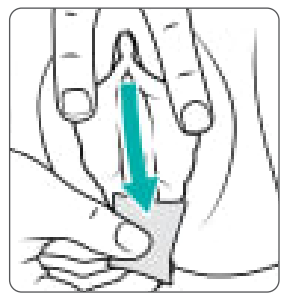
7. After 2 to 3 seconds, put the container under your stream of pee and fill up the container about halfway full.
8. Remove the container before you stop peeing. Finish peeing into the toilet.

If you have a vagina follow these instructions:

4. Spread the skin around where your urine (pee) comes out with 2 fingers on your non-dominant hand.

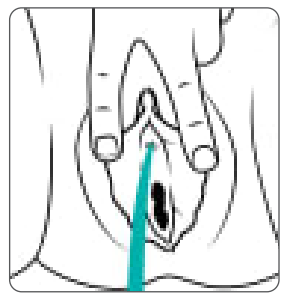


5. Use your other hand to clean the area where your urine comes out (urethra) 1 wipe at a time, moving **from front to back (belly button to butt)**. For each wipe:
   a. Clean the area to the left side of your urethra (your left labia).
   b. Clean the area to the right side of your urethra (your right labia).

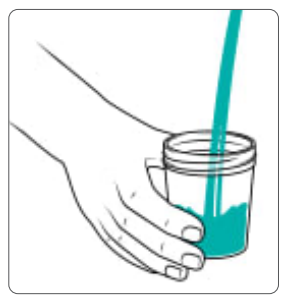


   c. Clean the middle area (your urethra).
   d. Throw the wipe away.

   Do the same thing with the other 2 wipes.



6. Keep the skin separated and start urinating (peeing) into the toilet for 2 to 3 seconds.



7. After 2 to 3 seconds, put the container under your stream of pee and fill up the container about halfway full.
8. Remove the container before you stop peeing. Finish peeing into the toilet.

9. Screw the lid **tightly** onto the container. **Do NOT** touch the inside of the lid or the lip of the container. Clean any pee off the outside of the container with a paper towel or toilet tissue.
10. Label the container with your first and last name, date of birth, date and time the sample was collected, and your initials. Then, place the container in the plastic zip bag.
11. Wash your hands with warm, soapy water.