

GUIDELINES FOR COLLECTING CLEAN CATCH URINE SPECIMENS

Patients should avoid collecting the first morning sample due to cellular degeneration.

FEMALES:

1. Obtain the following items before beginning collection:
 - a. Soap towelettes
 - b. Two gauze 4 x 4 pads, moistened with warm water
 - c. One dry 4 x 4 gauze pad
2. Pull your underwear below your knees so that it will not interfere with collection. With two fingers of one hand, hold the outer folds of the vagina apart. With the other hand, gently wash the vaginal area from front to back, using the soap towelette. Discard the towelette in the wastebasket, not the toilet.
3. Still holding the outer vaginal skin away from the opening through which you urinate, rinse the area front to back, using first one moistened gauze 4 x 4 pad and then the second. Last of all, dry the area from front to back with the dry gauze pad. Discard all pads in the wastebasket.
4. Continue holding the outer vaginal folds apart and begin to urinate into the toilet. Lean forward slightly so that urine flows directly down without running along the skin. After the first few teaspoons, place a sterile container under the stream of urine and collect the rest of the urine in the container. Do not overflow the container.
5. After you have finished, tighten the cap on the container securely.

MALES:

1. Obtain the following before beginning collection:
 - a. Soap towelettes
 - b. Two gauze 4 x 4 pads, moistened with warm water
 - c. One dry 4 x 4 gauze pad
2. Holding back the foreskin with one hand, if necessary, use the soap towelette to gently wash the end of the penis. Discard the pad into the wastebasket, not the toilet.
3. Continue holding back the foreskin and gently rinse the end of the penis, using first one moistened pad and then the other, discarding each into the wastebasket. Use the dry pad to dry the end of the penis.
4. Continue holding back the foreskin and begin to urinate into the toilet. After the first few teaspoons, place the sterile container under the urine stream and collect the rest of the urine in the container. Do not overflow the container.
5. After you have finished, tighten the cap on the container securely.

