

PATIENT INFORMATION

CLEAN CATCH MIDSTREAM URINE SPECIMEN

PURPOSE OF TEST

Your doctor has ordered a test, which requires you to collect a midstream urine specimen. A carelessly collected urine specimen could give inconclusive results that require a repeat specimen, thus delaying treatment, or could cause the wrong treatment to be given. In order to correctly determine whether or not any infecting organisms are present in the urine, the specimen must be free of any contaminating organisms, which might be present in or about the genital region. It is therefore important to collect a clean catch urine.

COLLECTION OF SPECIMEN

1. Obtain the collection cup and 3 towelettes from the laboratory.
2. Wash your hands thoroughly with soap and warm water.
3. Open the collection cup without touching the inside of the cup or lid.
4. Open the towelettes:

FEMALE: Squat over the toilet and use the fingers of one hand to separate and hold open the folds of the skin in your genital area. Using one towelette, wipe front to back on one side of the inner fold. With the second towelette, wipe front to back on the other side of the inner fold. With the last towelette, wipe front to back down the center area.

MALE: Completely retract the foreskin, and keep it retracted until the area is washed and the urine is collected. Take a single antiseptic towelette, and wash the glans penis. Discard the used towelette. Repeat the above step with one more towelette. With the foreskin still retracted, start urinating into the toilet.

5. Collect the sample by beginning to void into the toilet and then moving the container into the stream of urine to collect the sample. Fill the cup approximately one half full. Finish urinating into the toilet.
6. Close the container tightly and bring to the laboratory immediately.
7. Discard the towelettes in a trash receptacle, not in the toilet or specimen cup.

LABELLING THE SPECIMEN

Print the patient's full name and the date and time collected on the container.

STORAGE OF SPECIMEN/DELIVERY TO LAB

Refrigerate the specimen until it can be delivered to the laboratory.

IF YOU HAVE ANY QUESTIONS ABOUT THESE INSTRUCTIONS, PLEASE CALL THE LABORATORY. CLIENT SERVICE DEPARTMENT (219) 989-3700 OR (800) 937-5521.