

**ST. JOSEPH CLINICAL LABORATORY**

**360 Broadway**

**Bangor, Me 04401**

**Collecting a Clean Catch Urine Specimen**

**FEMALES**

1. Wash hands with soap and water.
2. With one hand, spread the labia (folds of skin) apart and cleanse the vulva from front to back with the towelette provided.
3. Repeat with the second towelette.
4. Continue holding the labia apart.
5. Begin urination, passing the first portion into the toilet or bedpan. This clears the urethra of contamination.
6. After the urine stream is well established, urinate into the cup.
7. Once an adequate amount of urine fills the cup (15 to 30ml or half the cup), remove the cup from the urine stream.
8. Pass the remaining urine into the toilet or bedpan.
9. Screw the lid on the cup tightly. Do not touch the inside of the cup or lid.
10. Wash hands with soap and water.

**MALES**

1. Wash hands with soap and water.
2. If uncircumcised, retract the foreskin.
3. Wipe the end of the penis with the towelette provided.
4. Begin urination, passing the first portion into the toilet or bedpan. This clears the urethra of contamination.
5. After the urine stream is well established, urinate into the cup.
6. Once an adequate amount of urine fills the cup (15 to 30ml or half the cup), remove the cup from the urine stream.
7. Pass the remaining urine into the toilet or bedpan.
8. Screw the lid on the cup tightly. Do not touch the inside of the cup or lid.
9. Wash hands with soap and water.

**Label the specimen container with your name, date of birth, and the date/time of collection. If not properly labeled, the sample will be rejected.**

**Keep sample refrigerated until it can be delivered to Registration (within 12 hours).**