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Instruction for Collection of Clean Catch Urine Sample

1. Patient should wash his or her hands with soap and water.
2. Carefully handle the urine collection container (clean, unused, disposable cup); do not touch the inside.
NOTE: If a lid is provided on the collection container, carefully remove before collection.
3. Cleanse the genital area using the following procedure.
Male
 - If patient is not circumcised, the foreskin should be drawn back before cleansing.
 - Clean the tip of the penis using a towelette, beginning at the tip and moving toward the base. Repeat the cleansing process using a second towelette.Female
 - If you are menstruating, insert a fresh tampon to stop the flow
 - Squat over the toilet and use the fingers of one hand to separate and hold the folds of the skin in the genital area.
 - Clean the urinary opening and surrounding area with a towelette, moving from front to back. Repeat the cleansing process using a second towelette.
4. Discard the towelettes in the trash can. DO NOT THROW TOWELETES IN THE TOILET.
5. Patient should begin urinating into the toilet bowl. After urine has flowed for several seconds into the toilet, catch the midpoint of the urine flow in the collection container. When the container is about ½ full, continue urinating into the toilet.
6. Patient should tightly close specimen's container. If container does not close or is not suitable for transport, specimen must be transferred to a sterile, screw-top container for transit.

Note: Strongly emphasize to the patient the importance of collecting the specimen properly. Otherwise, the specimen will be unsatisfactory for testing.

References

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