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### Instructions to Patients for Collection of Clean Catch Urine Sample

1. Wash hands with soap and water.
2. Cleanse the genital area using the following procedure.
  - Male
    - If not circumcised, retract the foreskin before cleansing.
    - Wipe the end of the penis using a towelette.
  - Female
    - 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, using the other hand, moving from front to back. Repeat the cleansing process using a second towelette.
3. Discard the towelettes in the trash can. **DO NOT THROW TOWELETES IN THE TOILET.**
4. Handle the urine collection container (clean, unused, disposable cup) carefully and do not touch the inside.
5. Begin urinating into the toilet bowl. After urine has flowed for several seconds into the toilet, begin to urinate in the collection container. When the container is about ½ full, remove the container from the urine stream and continue urinating into the toilet.
6. Close the specimen container and give to the medical provider.

**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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