

CLEAN CATCH URINE PROTOCOL

EQUIPMENT:

1. **For urinalysis, cultures and chemistries:** The collection container must be sterile plastic with a tight fitting lid and must have at least a 2 inch diameter rim and a 50-100 mL capacity. First morning void specimens are preferred. Specialized collection containers for Pediatric specimens are available upon request. Specimens must be refrigerated if processing cannot be performed within 1 hour. Urine culture specimens that may be delayed in transport to the laboratory more than 1 hour should be put in a gray top "urine C&S preservative" tube or refrigerated. For 24 hour collections, refer to the 24 hr urine collection protocol.
2. **For cytology:** Add equal volume of Saccomanno's preservative to the urine specimen, replace lid, and swirl to mix. If preservative is unavailable, refrigerate the specimen or transport to lab immediately. Once preservative has been added, this specimen cannot be used for chemistry or culture testing.
3. All containers must have a label that will adhere under refrigeration. Samples must be labeled with two unique patient identifiers (i.e. name, date of birth, SS#, medical record number)
4. Prepackaged sanitary towelettes for cleansing patient.
5. Graphic visual procedure in patient restrooms.

PROCEDURE:

1. Clean Void Mid-Stream Collection is essential to prevent a contaminated urine specimen that is not clinically useful and will require sample recollection.
Instruct patient to:
 - A. For Males:
 1. Wash and dry hands.
 2. Open towelettes and place within easy reach of the toilet.
 3. With one hand, hold the penis.
 4. If not circumcised, pull the skin around the tip of the penis back.
 5. Wipe the tip of the penis with a towelette. Repeat with a fresh towelette.
 6. Open the cup and be careful not to touch the inside of the cup.
 7. Begin to urinate into the toilet. Half way through urinating, place the cup into the stream and fill the container one-half full.
 8. Place the lid on the cup, wash hands, dress and give the cup to the attendant.
 - B. For Females:
 1. Wash and dry hands.
 2. Place package of towelettes within easy reach of the toilet.
 3. Sit on the side of the toilet and move one knee to the side as far as possible.
 4. Open the package of towelettes and set package close to your hands.
 5. With one hand, spread the skin around the urinary opening and maintain the position until the specimen is collected.
 6. Using one towelette at a time, wipe between the folds of the skin in a downward motion (toward backside). Repeat with a fresh towelette.
 7. Remove the cup from the package and be careful not to touch the inside of the cup.
 8. Begin to urinate into the toilet. Halfway through urinating, place the cup into the stream and fill the container one-half full.
 9. Place the lid on the cup, wash hands, dress and give the labeled cup to the attendant.

HANDLING THE SPECIMEN:

1. Label the cup (not the lid) with the patient's name, number, date and time of specimen collection.
2. Transport the specimen to the laboratory as soon as possible. Specimens should be refrigerated if transport is to be greater than one hour. Specimens for culture may be placed in transport tubes with suitable preservative if refrigeration is not available.
3. A minimum of 12 mls of urine is required for consistent analysis (2-3 ml is unacceptable except in the case of infants). Ensure that the lid on the urine cup is sealed tightly to prevent leakage. Samples should be properly labeled as above with paper labels or black marker applied directly to the container. Transport to the laboratory.