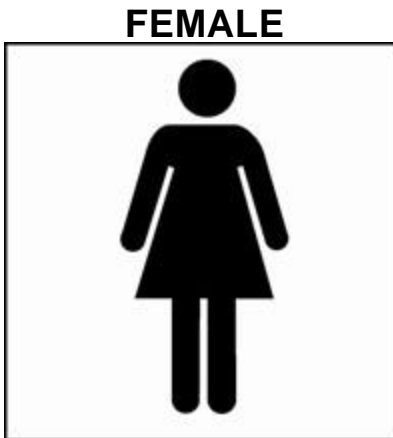


**JOB AID: INSTRUCTIONS FOR RANDOM URINE COLLECTION-CLEAN CATCH**

Associated with [Random Urine Collection – Clean Catch](#)



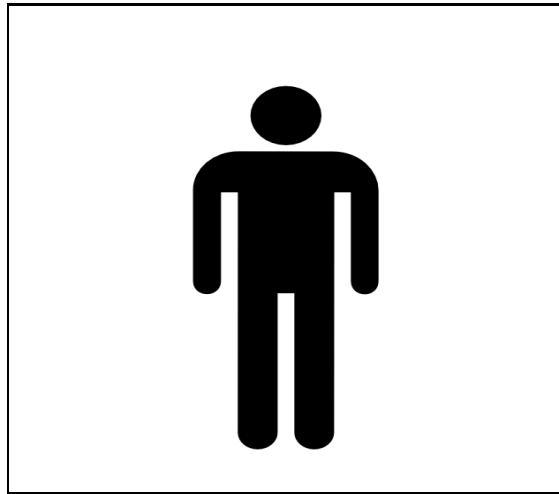
**Urine Collection Technique for Women**

**1.1 Female:**

- 1.1.1 Wash hands thoroughly with soap and water.
- 1.1.2 If you are menstruating, notify lab employee so that it can be documented.
- 1.1.3 Separate the skin folds around the urinary opening for collection.
- 1.1.4 Open the towelette packet and wash the urinary opening and the surrounding areas from front to back. Discard the cloth in the waste basket.
- 1.1.5 Void into toilet for a few seconds and then stop. Wait until the urine stream is well established before stopping.
- 1.1.6 Place the empty container into the path of the stream.
- 1.1.7 Restart the urine stream and collect in sterile container to catch the middle portion of your urine flow.
- 1.1.8 Tightly screw the cap on the container and avoid touching inside of container.
- 1.1.9 Make sure the container is labeled with your name and date of birth.
- 1.1.10 Return the collected urine sample to a lab employee or to the designated area.
- 1.1.11 If you have any questions, feel free to ask any laboratory employee.

**INSTRUCTIONS FOR RANDOM URINE COLLECTION-CLEAN CATCH**

**MALE**



## **Urine Collection Technique for Men**

### **2.1 Male:**

- 2.1.1 Wash hands thoroughly with soap and water.
- 2.1.2 If necessary, retract foreskin away from urinary tract opening.
- 2.1.3 Use towelettes to clean tip of penis, including the urethral opening.
- 2.1.4 Discard the cloth(s) in the waste basket.
- 2.1.5 Void into toilet for a few seconds and then stop. Wait until the urine stream is well established before stopping.
- 2.1.6 Place the empty container into the path of the stream.
- 2.1.7 Restart the urine stream and collect in sterile container to catch the middle portion of your urine flow.
- 2.1.8 Tightly screw the cap on the container and avoid touching inside of container.
- 2.1.9 Make sure the container is labeled with your name and date of birth.
- 2.1.10 Return the collected urine sample to a lab employee or to the designated area.
- 2.1.11 If you have any questions, feel free to ask any laboratory employee.