



## INSTRUCTIONS FOR COLLECTING: CLEAN CATCH URINES (FEMALE)

Note: you have been asked to provide a urine specimen for our laboratory. It is important that this specimen be as clean as possible. Please read instructions carefully before you start. If you have any questions, please ask your phlebotomist.

1. Wash hands with warm soap and water. Dry hands.
2. Unscrew cap of the urine specimen cup. Place cap on back of toilet with inside of the cap facing forward. (to avoid contamination, do not touch the inside of the cup or cap)
3. Cleanse yourself with 2 towelettes as follows:
  - Separate the labia
  - Wipe inner labial folds front to back in a single motion with the first towelette
  - Wipe down through the center of the labial folds with the second towelette
  - Keep the labia separated and urinate a small amount into the toilet and proceed to step 4
4. Place cup under stream and continue to urinate into the cup to collect the specimen
5. Finish voiding into the toilet
6. Replace cap on the cup and securely tighten the cap
7. Place cup inside small door in the wall

**Please do not flush the towelettes down the toilet**