

Clean Catch Urine Collection –Female

Welcome to UnityPoint Health

What is a Clean-Catch Urine?

A clean-catch urine specimen is a sample of urine. It is necessary when your health care provider wants to test your urine for bacteria, which may be causing an infection in your urinary tract. A clean-catch specimen is a way of collecting urine that does not contain a lot of bacteria from the skin.

Key points when collecting a clean- catch urine are:

- Wash your hands prior to collection
- Do not touch the inside of the cup or lid
- Wash the genitalia using all the wipes provided from front to back
- Holding the folds of skin around the urinary opening, begin urinating and then bring the urine cup into the stream to collect the urine

How to collect a clean catch urine specimen

- Check to make sure the urine cup you have been given is labeled with the correct spelling of your first and last name, along with your date of birth
- Wash your hands in warm soapy water**
- Place a clean paper towel on a stand or counter
- Open the wipes and place them on a paper towel
- Take the lid off of the cup. Put the lid flat side down next to the wipes. **Do not touch the inside of the cup or lid.**
- Stand in a squatting position over the toilet
- Separate the folds of skin around the urinary opening and clean one side with a wipe moving from front to back and discard the wipe in the trashcan. DO NOT FLUSH!**
- Use a new wipe, clean the middle and discard wipe**
- Use a new wipe, clean the other side, discard wipe**
- Continuing to hold the folds open begin urinating into the toilet, then bring the container into the stream to collect a clean, mid-stream specimen.** Finish urination in the toilet
- Put the lid tightly on the cup. Do not touch the inside of the cup or lid. Put the cup in the designated area/cupboard.
- Wash your hands with soap and water.

Important: It is important to follow the collection process above, to avoid the need for a possible recollection, delay in treatment and unintended expense.

If you are taking the cup home to collect the specimen:

Label the urine cup with the correct spelling of your first and last names, your date of birth, and the date and time the urine was collected. Follow the directions above. Keep the specimen refrigerated and bring back to the laboratory within 24 hours.

Thank you for choosing UnityPoint Health for your outpatient laboratory procedure!