



FEMALE

Clean Catch Midstream Urine Collection

1. Wash your hands.
2. Unfold towelette. With one hand, spread the folds of skin around the vagina. With other hand, wipe front to back with towelette to thoroughly clean area.
3. While still holding apart the fold of skin, begin urinating into the toilet.
4. Place collection cup into the stream of urine for a “midstream” sample.
5. Finish urinating into the toilet.
6. Label collection cup with your name date of birth and date and time of collection.
7. Place specimen where instructed.