



Phone #: (509) 336-7660

## Random Clean-Catch Urine Collection:

To the patient: Follow these instructions in collecting your random clean-catch urine specimen.

<u>Female Instructions:</u>	<u>Male Instructions:</u>
<ol style="list-style-type: none"><li>1. Wash hands with soap and water.</li><li>2. Separate folds of the labia with thumb and forefinger.</li><li>3. Using a towelette enclosed in with the specimen cup, clean from front to back. Repeat this for a total of 3 times using a fresh towelette each time.</li><li>4. Begin to urinate into the toilet.</li><li>5. Stop midstream and place cup under the urine flow.</li><li>6. Once the cup is about full, finish voiding into the toilet.</li><li>7. Use the provided label to write your name, date of birth, and date and time of specimen collection.</li><li>8. <b>Return to Lab within 2 hours of collection.</b></li></ol>	<ol style="list-style-type: none"><li>1. Wash hands with soap and water.</li><li>2. Clean head of penis using a towelette enclosed with the specimen cup. Repeat this for a total of 3 times using a fresh towelette each time. <b>If uncircumcised</b>, retract foreskin first before using towelette.</li><li>3. Begin to urinate into the toilet.</li><li>4. Stop midstream and place cup under the urine flow.</li><li>5. Once the cup is about full, finish voiding into the toilet.</li><li>6. Use the provided label to write your name, date of birth, and date and time of specimen collection.</li><li>7. <b>Return to Lab within 2 hours of collection.</b></li></ol>