



## **URINE CLEAN CATCH COLLECTION INSTRUCTIONS: FEMALE**

1. Wash hands with soap and water, dry thoroughly.
2. Open the urine container – avoid touching the inside wall of the container.
3. Sit on the toilet and spread genital lips with one hand.
4. Using the first antiseptic wipe, clean the urethral opening and the area around working the area from FRONT TO BACK.
5. Repeat process with each of the additional wipes. (Three separate wipe processes).
6. Begin urinating and pass the first portion into the toilet.
7. Place the urine container just under the opening and fill the container.
8. Pass your remaining portion of urine into the toilet. This process should result in the capture of the mid-portion of your urine output.
9. Fasten the lid securely on the container.
10. Apply the label to the container – making sure that your name and the date and time of collection is on the label. **DO NOT PLACE THE LABEL ON THE LID OF THE CONTAINER.** If your name is not on the container, the lab cannot process the sample and you will have to recollect.