CLEAN CATCH URINE COLLECTION INSTRUCTIONS

1. Obtain sterile cup and a towelette for cleansing from healthcare provider.
2. Wash hands with soap.
3. Remove towelette.
4. Cleanse genital area with towelette.
   Females: Separate folds of urinary opening with thumb and forefinger and clean with towelette, using downward strokes only; keep separated during urination into container.
   Males: Clean head of penis.
5. Remove collection container from package. **DO NOT TOUCH INSIDE OF CONTAINER.**
6. Begin urination into toilet. As urination continues (mid-stream), fill container. **FILL SPECIMEN CONTAINER ONLY HALF WAY.**
7. Screw cap on container. **DO NOT TOUCH INSIDE OF CAP.**
8. Wipe any excess urine from outside of container.
9. Check to ensure the container is labeled with your Full Name.
10. Wash your hands.
11. Return the sample to healthcare worker.