

Midstream Urine Collection Instructions

MIDSTREAM (CLEAN CATCH) COLLECTIONS

Sterile Midstream Urine - **Male**

A properly collected sterile midstream urine provides the best testing information. Please follow these instructions carefully. You will be given a collection container.

1. Upon entering the restroom, wash and dry your hands well.
2. Completely retract the foreskin and clean the glans penis with a paper towel.
3. Collect a midstream urine by first urinating a small amount into the toilet, then filling the urine container appropriately, at last emptying the remainder into the toilet. ("hold the container into the running urine stream")
4. Cap the container, place the specimen on the shelf and tell the assistant that You are done.
5. All other collection materials may be disposed of in the restroom.



Sterile Midstream Urine - **Female**

A properly collected sterile midstream urine provides the best testing information. Please follow these instructions carefully. You will be given a collection container.

1. Upon entering the restroom, wash and dry your hands well.
2. Sitting on the toilet, hold your labia apart with one hand throughout the rest of the procedure.
3. With the other hand, wipe yourself from front to back using a paper towel.
4. Urinate, letting the first small portion of the urine go into the toilet. Still holding the labia apart, fill the urine container appropriately, at last empty the remainder into the toilet. ("hold the container into the running urine stream")
5. Cap the container, place the specimen on the shelf and tell the assistant that You are done.
6. All other collection materials may be disposed of in the restroom.

