GUIDELINES FOR COLLECTING CLEAN CATCH URINE SPECIMENS

PLEASE READ ENTIRE PROCEDURE BEFORE STARTING

Proper collection will help us provide useful results to your physician!

FEMALES:

1. Obtain the following from the shelf above the sink:
   a. Soap towelette
   b. Two gauze 4 x 4 pads – moistened with warm water
   c. One dry 4 x 4 gauze pad

2. Pull your underwear below your knees so that they will not interfere with collection. With two fingers of one hand, hold the outer folds of your vagina apart. With the other hand, gently wash the vaginal area from front to back, using the soap towelette. Discard the towelette in the wastebasket, NOT in the toilet.

3. Still holding the outer vaginal skin away from the opening through which you urinate, rinse the area front to back, using first moistened gauze 4 x 4 and then the second. Last of all; dry the area front to back with the dry gauze pad. Discard all pads into the wastebasket.

4. Continue holding your outer vaginal folds apart and begin to urinate into the toilet. Lean forward slightly so that urine flows directly down without running along the skin. After the first few teaspoons, place a sterile container under the stream of urine and collect the rest of your urine in the container. Do not overflow the container.

5. After you have finished, tighten the cap of the container securely.