GUIDELINES FOR COLLECTING CLEAN CATCH URINE SPECIMENS

PLEASE READ ENTIRE PROCEDURE BEFORE STARTING

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

MALES:

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. Holding back your foreskin with one hand, if necessary, use the soap towelette to gently wash the end of your penis. Discard pad into wastebasket, NOT in the toilet.

3. Continue holding back the foreskin and gently rinse the end of your penis, using first one moistened pad and then the other, discarding each in the wastebasket. Use the dry pad to dry the end of your penis.

4. Continue holding back the foreskin and begin to urinate into the toilet. After the first few teaspoons, place the sterile container under the urine stream 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.