

MIDSTREAM URINE COLLECTION INSTRUCTIONS

FEMALE:

- 1. Wash genital area front to back with castile soap towelettes provided. Repeat with a second towelette.**
- 2. Being careful not to touch the cleansed area, spread both the inner and outer folds of the labia.**
- 3. Begin voiding first part of urine into toilet. Then catch the middle stream of urine into the cup (only $\frac{1}{4}$ - $\frac{1}{2}$ cup is needed).**
- 4. After you have finished, wipe any spilled urine from the outside of the cup and return specimen to the nursing staff.**

Note: Do not throw towelettes into toilet - dispose of them in regular trash.

MALE:

- 1. Wash genital area with castile soap towelettes provided. Retract foreskin if present. Wipe end of penis.**
- 2. Begin voiding first part of urine into toilet. Then catch the middle stream of urine into the cup (only $\frac{1}{4}$ - $\frac{1}{2}$ cup is needed).**
- 3. After you have finished, wipe any spilled urine from the outside of the cup and return the specimen to the nursing staff.**

Note: Do not throw towelettes into toilet – dispose of them in regular trash.

