

Patient Instructions Clean Catch Urine Collection (Female)

Labeling of the specimen, to include name, d.o.b., collection date, time started, and time ended, is required to ensure prompt testing and to eliminate rejection by the laboratory.

Specimen Collection:

- Wash and dry your hands
- Take off the lid from the cup without touching the inside of the lid or inside of the cup. Note: Only use a cup that has been provided by CMC Laboratory Staff at any of our locations.
- If you need something to pass the urine into before putting the urine into the cup, we can provide a "plastic hat" that fits into your toilet. Be sure to only pass urine into the "hat".
- Put the lid upside down on the back of the toilet (top of lid is on toilet and bottom of lid is showing).
- Wash your hands. Using your fingers spread apart the folds of your vaginal area. **You have been given three wipes to use to clean this area.**
- Use the first wipe to clean yourself on the left side. Use the wipe one time from front to back.
- Use a second wipe to clean yourself on the right side. Use the wipe one time from front to back.
- Use a third wipe to clean yourself in the center. Use the wipe one time from front to back.
- Throw the wipes into the toilet.
- Pass the first few drops of urine into the toilet and catch the rest into the cup.
- Pick up the cup lid without touching the inside of the lid or the cup and screw the lid on the cup tightly so that the lid is not loose.
- Using an ink pen or marker, print your first and last names, date of birth and the date and time the urine was collected (example: Nov 11, 2003 at 8:00 am) on the label.
- Put the cup into the plastic bag given to you and "zip" the top of the bag tight.
- Once collection is complete please bring the labeled cup, which has been placed in the plastic bag provided, to any one of the CMC Laboratory locations. This should be delivered as soon after collection as possible. If delivery is delayed this specimen should be refrigerated.
Do not place it in the freezer.

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