ALBANY MED Health System

SARATOGA HOSPITAL

Instructions to Collect a Midstream Clean Catch Urine Sample

Read each step carefully before beginning to clean and collect the urine sample.

- *If you do not understand these directions or have any questions, please ask for help.*
- *If the sample is not collected properly, the test results will not give the provider the correct information needed.*

1. **Wash Hands.**
   - **If assisting a patient, gloves are available for use.**

2. **Open the cleansing wipe packet.**

3. **Clean the urethra (urinary opening), using each wipe only once. Females:**
   - **Start with parting the skin (labia) around the vagina.**
   - **Use the 1st wipe to clean one side of the skin (labia).**
   - **Wipe from front to back.**
   - **Use the 2nd wipe to clean the other side of the skin (labia).**
   - **Wipe from front to back.**
   - **Use the 3rd wipe to clean over the area where the urine comes out (urethra).**
   - **Wipe from front to back.**

   Circumcised Males:
   - **Clean the head of the penis with the wipe provided.**

   Uncircumcised Males
   - **Retract the skin (foreskin).**
   - **Clean the head of the penis with the wipe provided.**

4. **Throw used wipes in the garbage; please <u>do not</u> throw wipes in the toilet.**

5. **Be careful when picking up the specimen cup.**
   - **DO NOT put your fingers in the specimen cup.**
   - **DO NOT touch inside the blue ring.**

2. **Hold the blue tab on the outside of the cup and begin urinating in the toilet.**

3. **While urinating, pass the cup into the stream of urine and hold the cup until it is about ½ full.**

4. **Remove cup from stream of urine and finish urinating into the toilet.**
   - **Uncircumcised Males: be sure to replace the skin (foreskin).**

5. **Unscrew the blue ring and replace it with the white lid.**
    - **DO NOT touch the inside of the white lid.**

6. **Throw the blue ring in the trash.**

7. **Wash hands and return the specimen cup to the staff person.**