



Patient instructions

The "Clean Catch" Urine Specimen (for women)

When your doctor orders a "clean catch" that means that he wants to be sure that anything that the lab finds in your urine came from inside of you. So, the "clean catch" means that you first have to clean yourself with the towelette and then you have to urinate directly into the collection cup. To do this, you will have to hold your labia open while you urinate (so that the urine will not be mixed with cells and bacteria that normally live in that area).

The urine collection system is a paper cup and a plastic tube— you must also have a disinfectant towelette.

Clean yourself with the towelette, hold your labia open with one hand and begin to urinate into the toilet as usual. After you begin to urinate, put the cup into the stream to catch some of the urine in the cup. It doesn't take too much— about one-fourth of a cup will fill the tube— so you can finish your business in the toilet.

Now take the cup and cap and pour some urine in the tube— one-half to three-fourths of a tube is the usual amount. You can discard the rest down the toilet and throw the cup in the waste paper can. Snap the yellow cap on the tube, attach the little numbered label from your lab slip, attach the tube to the slip with a rubber band and bring it to the lab.