MIDSTREAM (CLEAN CATCH) COLLECTIONS

Sterile Midstream Urine - Male
A properly collected sterile midstream urine provides the best testing information. Please follow these instructions carefully.
You will be given a towelette and a collection container.

1. Upon entering the restroom, wash and dry your hands well.
2. Completely retract the foreskin and clean the glans penis with the towelette.
3. Collect a midstream urine by first urinating a small amount into the toilet, then collecting the remaining urine into the specimen container.
4. Place a lid on the container and bring the specimen to the laboratory.
5. All other collection materials may be disposed of in the restroom.

Sterile Midstream Urine - Female
A properly collected sterile midstream urine provides the best testing information. Please follow these instructions carefully.
You will be given a towelette and a collection container.

1. Upon entering the restroom, wash and dry your hands well.
2. Sitting on the toilet, hold your labia apart with one hand throughout the rest of the procedure.
3. With the other hand, wipe yourself from front to back using a towelette.
4. Urinate, letting the first small portion of the urine go into the toilet. Still holding the labia apart, catch the remainder of the urine in the specimen container.
5. Cap the container and bring the specimen to the laboratory.
6. All other collection materials may be disposed of in the restroom.