



## Midstream/Clean Catch Urine Collection Instructions

**Please follow these instructions. Improperly collected specimens will not give your healthcare provider the appropriate information needed for your care.**

### Male

1. Wash your hands and then open the specimen container. Do not touch the inside of the container at any time during this collection process.
2. Tear open all three towelettes but keep them in the packaging.
3. If uncircumcised, hold back the foreskin and continue to hold back during urination.
4. Take the first towelette out of the package and use it to cleanse the penis beginning at the urethral opening and working away from it.
5. Using the second towelette, continue to cleanse the penis in a circular motion, starting where you left off with the previous towelette.
6. Repeat step 5 using the third towelette.
7. Void a small amount of urine into the toilet.
8. As you continue to urinate, fill the specimen container with about half-full of urine.
9. Finish urinating in the toilet.
10. Close the container tightly.
11. Wash your hands.
12. Return the specimen to an Aspirus staff member.

### Female

1. Wash your hands and then open the specimen container. Do not touch the inside of the container at any time during this collection process.
2. Tear open all three towelettes but keep them in the packaging.
3. Sit down on the toilet.
4. Using your non-dominant hand, separate the folds of the skin around the urinary opening and keep holding the folds of skin until you are finished urinating in the cup.
5. Take the first towelette out of the package and use it to cleanse the labia fold on your non-dominant side. Always wipe from front to back.
6. Using the second towelette, cleanse the labial fold on your dominant side, front to back.
7. Remove the third towelette and cleanse down the middle, directly over the urinary opening.
8. Void a small amount of urine into the toilet.
9. As you continue to urinate, bring the collection cup into the midstream of the urine and fill the specimen container with about half-full of urine.
10. Finish urinating in the toilet.
11. Close the container tightly.
12. Wash your hands.
13. Return specimen to Aspirus staff member.