

Instructions for Clean-Catch Urine Collection

Introduction: Your provider has requested that you collect a clean-catch urine for testing. A clean-catch urine collection is a method of obtaining a urine specimen that is free of most germs that normally are found on the skin of your urinary area.

How to collect your sample:

- 1) Wash your hands with soap and water and dry thoroughly.
- 2) Carefully remove the lid from the sterile collection cup labeled with your name and date of birth and set it down with the inner surface facing up. Avoid touching the inside of the cup or lid with fingers.
- 3) Clean the urinary area and opening by either:
 - a) Spreading the external skin folds (labia) with one hand. Clean the area thoroughly with soap and water or wipe from front to back three times using a new antiseptic wipe each time.
OR
 - b) Retracting the foreskin, if present. Clean the head of the penis with either an antiseptic wipe or soap and water, using a circular motion moving from the center to outside.Always discard the wipes in the trash, not the toilet.
- 4) Take the open sterile cup in the other hand without touching the rim or inner surface of the cup or lid.
- 5) Urinate for 3 seconds into the toilet, then move the collection cup into your urine stream without stopping and catch a portion of the rest of the urine. Fill the cup only half full. Finish urinating into the toilet.
- 6) Do not touch your body or clothing with the cup. Place the lid on the cup labeled with your name and date of birth, twist to tighten completely, and wash your hands.
- 7) Place the cup in the specimen cabinet located in the wall or give it to staff.
- 8) If you are unable to provide a urine specimen, please tell a staff member.



Maximum accepted volume - 50ml

Minimum accepted volume - 20ml

Urine container

How to label your sample: →

After collecting your urine specimen, write your name, date of birth, and the date and time that you collected the specimen on the container label to ensure accurate and timely reporting for your laboratory order. Use either a pen or waterproof thin marker on the container label or directly on the container.

1. Your name—last name, first name
2. Your date of birth
3. The date and time you collected the urine

Where to bring your specimen:

The container must arrive in the Laboratory within 2 hours of collection. If unable to bring urine sample in within 2 hours, prior to collection, please call Lab Client Services for further instructions.

Please bring your specimen and lab order to any of the convenient Concord Hospital Laboratory locations. Up-to-date hours of operation and driving directions are available through our websites.

concordhospital.org/medical-services/laboratory/

If you have any questions about specimen collection, please contact one of our Laboratory locations listed below for more information:

Concord Hospital Laboratory - Concord (603) 227-7050

Concord Hospital Laboratory - Laconia/Franklin (603) 524-3211 x3200