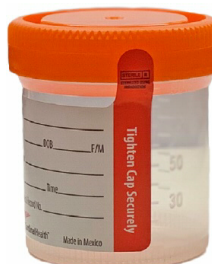


Laboratory Services - Instructions for Clean Catch Urine Collection

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.
- 3a) **FOR WOMEN:** Spread your external skin folds (labia) with one hand and keep them apart. Clean with soap and water or an antiseptic wipe moving from front to back. Repeat this for a total of three wipes using a new antiseptic wipe each time. One "swipe" per wipe. Discard the wipes in the trash, not the toilet.
- 3b) **FOR MEN:** Hold your penis in one hand and clean the head of the penis with soap and water or an antiseptic wipe. Use a circular motion moving from the center to outside. Discard the wipe 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

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.

Urine container

1. Your name - last name, first name
2. Your date of birth
3. The date and time that 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 one of the following locations:

Concord Hospital Laboratory: First floor, Suite 1402,
Specimen Drop-off available 24 hours a day, seven days a week

Memorial Patient Service Center: Memorial Building, Suite 102 (Concord Hospital Campus),
Monday - Friday: 6 am - 3:30 pm, Saturday: 7 am - 12 noon

Concord Hospital Medical Offices at Horseshoe Pond Laboratory Patient Service Center:
Monday - Friday: 6:30 am - 5 pm

If you have any questions about specimen collection, please contact Laboratory Client Services at (603) 227-7050 for more information.