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URINE COLLECTION – “CLEAN CATCH”

IMPORTANT: For accurate results, please read all directions first and follow them carefully

Females:

1. Wash your hands thoroughly.
2. If you are menstruating, insert a fresh tampon to stop the flow. Ask a lab employee to provide a tampon should you require one.
3. Separate the skin folds around the urinary opening.
4. Open the WASH PACK and wash the urinary opening and the surrounding areas from front to back. Discard the cloth in the waste basket.
5. Urinate – **IMPORTANT** – Wait until the urine stream is well established before moving the empty container into the path of the stream. Catch the middle portion of your flow.
6. Screw the cap onto the container securely without touching the inside rim.
7. Make sure the container is labeled with your name and date of birth.
8. Place the container through the revolving window in the restroom.
9. If you have any questions, please ask a laboratory employee.

Males:

1. Wash your hands thoroughly.
2. Draw the foreskin back away from the urinary opening.
3. Open the WASH PACK and wash the urinary opening and the surrounding area. Discard the cloth in the waste basket.
4. Urinate – **IMPORTANT** – Wait until the urine stream is well established before moving the empty container into the path of the stream. Catch the middle portion of your flow.
5. Screw the cap onto the container securely without touching the inside rim.
6. Make sure the container is labeled with your name and date of birth.
7. Place the container through the revolving window in the restroom.
8. If you have any questions, please ask a laboratory employee.