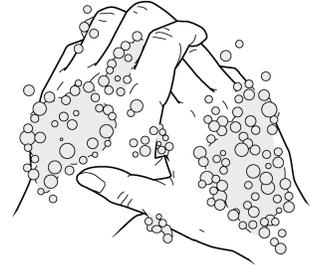


Urine Sample – Female (Clean Catch)

This test is done to check for bladder or urinary tract infections. Follow these steps:

1. Wash your hands with soap and water. Rinse and dry your hands well.

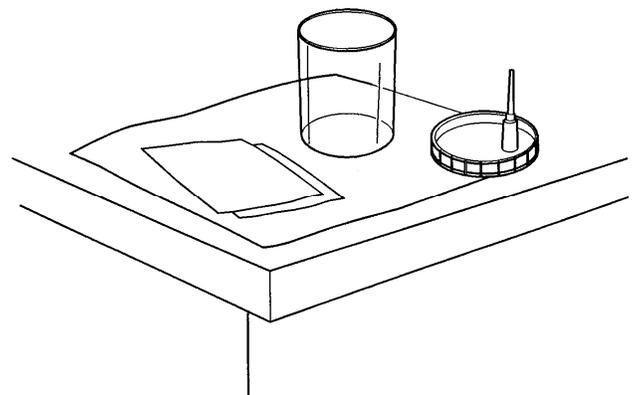


2. Use the urine sample kit. The kit includes a cup and 2 wipes.

3. Put a clean paper towel or cloth on a place you can reach from the toilet.

4. Open the wipes and place them on the towel.

5. If there is a sticker on the top of the lid of the cup, do not remove it. There is a sharp point under it.



6. Take the lid off the cup. Put the lid flat side down next to the wipes. Do not touch the inside of the cup or lid.

7. Sit as far back on the toilet as possible and spread your legs apart. Use two fingers of one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open like this until you get the urine sample.



8. With your other hand, use the wipes to clean your labia.
 - ▶ Wipe **from front to back** in one stroke. Throw the wipe in the toilet.
 - ▶ Use the second wipe to clean again from front to back. Throw the wipe in the toilet.

9. Pick up the cup.

10. Urinate a small amount into the toilet then put the cup a few inches from your body. Urinate into the cup until it is about half full. Stop the flow. Put the cup back on the sink. Let go of your labia and finish urinating into the toilet.

11. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.



12. Wash your hands.

13. If you are in the hospital, give the sample to the staff. If you are at home, put the cup in a plastic bag. Put the bag in the refrigerator. Take it to the lab or doctor's office as directed.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.