

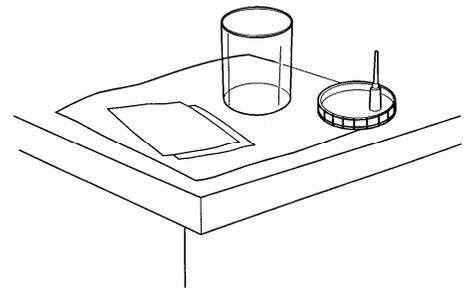
# Urine Sample – Female (Clean Catch)

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.



# 소변 검사-여성 (깨끗한 채취)

이 검사는 방광이나 요도에 감염 여부를 확인합니다. 아래 단계를 따르십시오:

1. 손을 비누와 물로 씻는다. 손을 헝구고 말린다.

2. 소변 샘플 키트를 사용한다. 이 키트에는 컵 하나와 2 개의 티슈가 들어 있다.

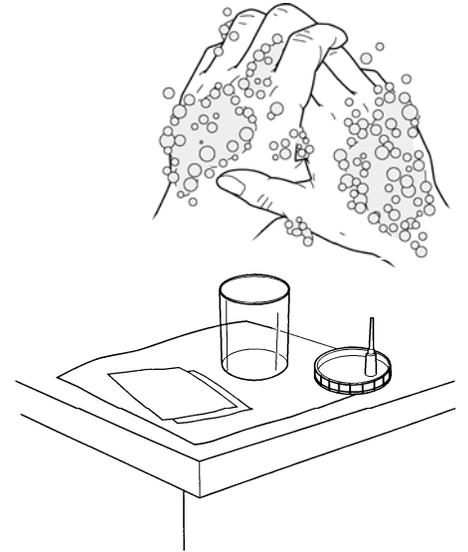
3. 깨끗한 종이 타월이나 수건을 변기에서 손이 닿는 곳에 놓는다.

4. 티슈를 연 다음 타월 위에 놓는다.

5. 컵 뚜껑 꼭대기에 스티커가 있으면 떼지 마시오. 스티커를 떼면 뾰족한 모서리가 있음.

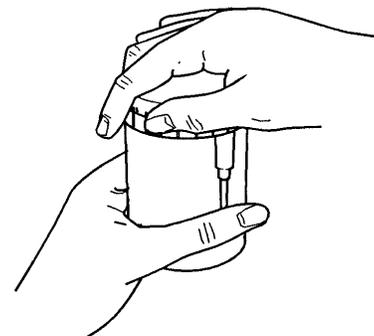
6. 컵 뚜껑을 연다. 뚜껑의 납작한 쪽이 아래에 가도록 티슈 옆에 놓는다. 컵이나 뚜껑 안을 손으로 만지지 마시오.

7. 가능한 변기 뒤로 엉덩이를 대고 앉은 다음 다리를 벌린다. 한 손의가락 두개로 음순을 벌린다. 음순은 질 양쪽에 접힌 피부이다. 소변 샘플을 다 받을 때까지 음순을 계속 이런 상태로 벌린다.



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.**

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8. 다른 한 손으로는 티슈로 음순을 닦는다.

— 앞에서 뒤쪽 방향으로 한 번에 닦아낸다. 티슈를 변기 안에 버린다.

— 새 티슈로 앞에서 뒤쪽으로 한 번 더 닦아낸다. 티슈를 변기 안에 버린다.

9. 컵을 집는다.

10. 소변을 우선 약간 변기 안에 눈 다음 컵을 몸에서 몇 인치 가량 떨어지게 놓는다. 컵이 반쯤 찰 때까지 소변을 받는다. 소변을 중단한다. 컵을 싱크에 다시 올려 놓는다. 벌렸던 음순을 놓고 나머지 소변을 변기 안에 둔다.

11. 뚜껑을 꼭 닫는다. 컵이나 뚜껑 안을 손으로 만지지 않도록 조심한다.

12. 손을 씻는다.

13. 병원에서 소변을 채취했으면 샘플을 의료진에 준다. 집에서 소변을 채취했으면 컵을 플라스틱 백에 넣는다. 백을 냉장고 안에 보관한다. 지시받은 대로 샘플을 실험실이나 의사에게 갖고 간다.



검사 결과는 의사에게 보낼 것입니다. 의사가 결과를 환자와 공유할 것입니다.

질문이나 문제가 있으시면 의사나 간호사에게 말하십시오.

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Urine Sample – Female. Korean