

Urine Sample – Female (Clean Catch)

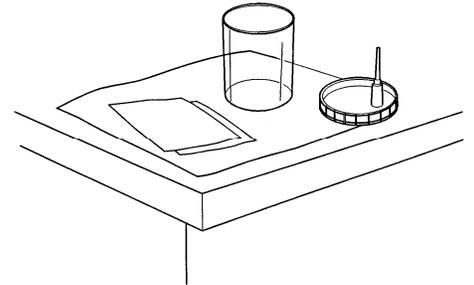
This test is done to check for bladder or urinary tract infections. Follow these steps:

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.

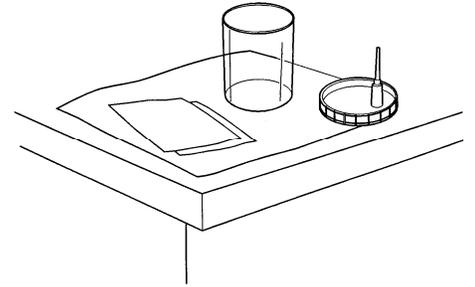
7. Sit as far back on the toilet as possible and spread your legs apart. Use two fingers of one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open like this until you get the urine sample.



尿样-女性(干净的采样)

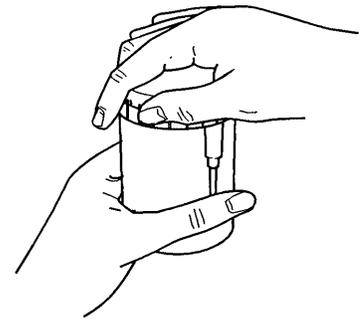
此测试是为了检查膀胱或泌尿道感染。请遵照以下步骤：

1. 用肥皂和水洗手。冲洗并擦干手。
2. 使用尿样包。尿样包包括一个杯子和 2 张擦纸。
3. 将一干净的擦手纸或毛巾放在您能从马桶拿得到的地方。
4. 打开擦纸，将擦纸放在毛巾上。
5. 如果杯盖的顶端有贴物，请不要除掉它。贴物下有一个突起点。
6. 除下杯盖。将杯盖紧挨擦纸平放。不要碰触杯子或盖子的内部。
7. 尽量靠后坐在马桶上，分开双腿。用一只手的手指分开您的阴唇。阴唇是阴道两边折起的皮肤。就这样撑开阴唇直到您取到尿样。



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. 用另一只手以擦纸清洁您的阴唇。

— 用第一张擦纸从前往后清擦一次。将擦纸丢入便池。

— 用第二张擦纸再从前往后清擦一次。将擦纸丢入便池。

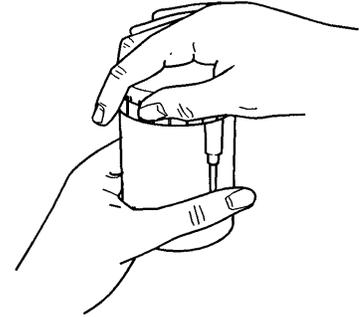
9. 拿起杯子。

10. 先将少量尿液流入马桶，然后将杯子放在身体下面几寸处。将尿液流入杯子直到杯子一半满。停止小便。将杯子放回洗涤槽。松开阴唇，往马桶内尿完小便。

11. 将杯盖盖紧。请小心不要触碰杯子内部或盖子。

12. 请洗手。

13. 如果您在医院中，请把尿样交给医疗人员。如果您在家中，请把杯子放入一个塑料袋。把塑料袋放进冰箱。请按医嘱将它带到化验室或医生诊所。



测试结果会送给您的医生。您的医生会告知您结果。

如有任何疑问或关注事宜，请告知您的医生或护士。

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Urine Sample – Female. Simplified Chinese