

# 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.



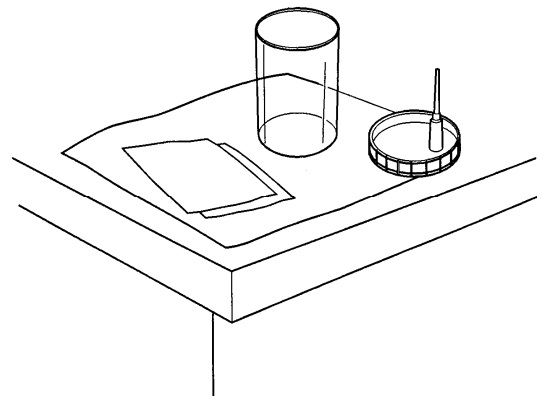
2. Use the urine sample kit. The kit includes a cup and 2 wipes.

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.



# Muestra de orina en la mujer (muestra no contaminada)

Este examen se hace para detectar infecciones vesicales o urinarias. Siga estos pasos:

1. Lávese las manos con agua y jabón, enjuáguelas y séquelas bien.



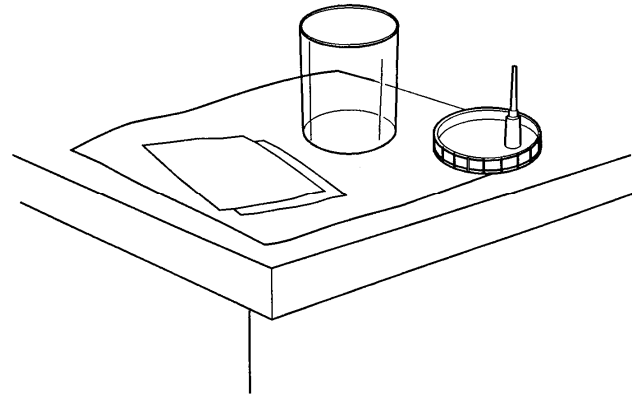
2. Use un kit para muestra de orina. Éste incluye un vaso y 2 toallas húmedas.

3. Coloque una toalla de papel o un paño limpio en un lugar que pueda alcanzar desde el inodoro.

4. Abra las toallas húmedas y colóquelas sobre la toalla de papel.

5. Si hay un adhesivo en la parte superior de la tapa del vaso, no lo quite. Hay una punta afilada debajo.

6. Quite la tapa del vaso. Coloque el lado plano de la tapa hacia abajo cerca de las toallas húmedas. No toque el interior del vaso ni de la tapa.

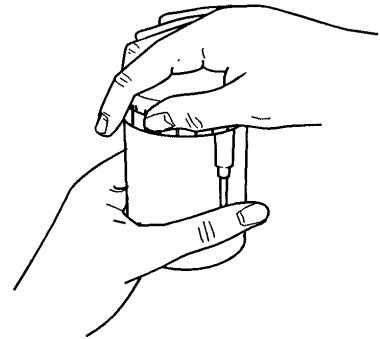


7. Siéntese lo más atrás posible en el inodoro y abra las piernas. Use dos dedos de una mano para abrir los labios vaginales. Éstos son los pliegues de piel a cada lado de la vagina. Mantenga los labios vaginales abiertos de esta forma hasta que obtenga la muestra de orina.



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.

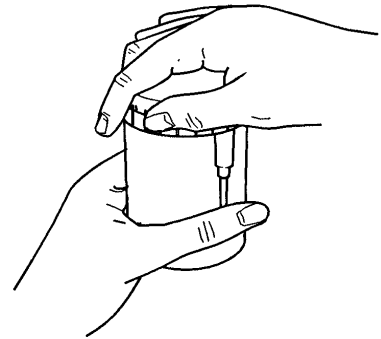
Test results are sent to your doctor. Your doctor will share the results with you.

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

© Copyright 2005 – 11/2009 Health Information Translations All Rights Reserved

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment

8. Con la otra mano, use las toallas húmedas para limpiar los labios vaginales.
  - ▶ Límpiense **desde adelante hacia atrás** con un solo movimiento. Tire la toalla húmeda al inodoro.
  - ▶ Use una segunda toalla húmeda para limpiar nuevamente desde adelante hacia atrás. Tire la toalla húmeda al inodoro.
9. Tome el vaso.
10. Orine una pequeña cantidad en el inodoro y luego coloque el vaso a unas pocas pulgadas de su cuerpo. Orine en el vaso hasta que se llene a la mitad. Deje de orinar. Coloque de nuevo el vaso en el lavabo. Suelte los labios vaginales y termine de orinar en el inodoro.
11. Coloque y apriete bien la tapa del vaso. Tenga cuidado de no tocar el interior del vaso ni de la tapa.
12. Lávese las manos.
13. Si está en el hospital, entregue la muestra al personal. Si está en casa, coloque el vaso en una bolsa plástica. Deje la bolsa en el refrigerador. Llévela al laboratorio o a la consulta del médico según se le indicó.



Los resultados del examen se le envían a su médico. Su médico le comunicará los resultados.

**Hable con su médico o enfermera si tiene alguna pregunta o duda.**

© Copyright 2005 – 11/2009 Health Information Translations All Rights Reserved

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment