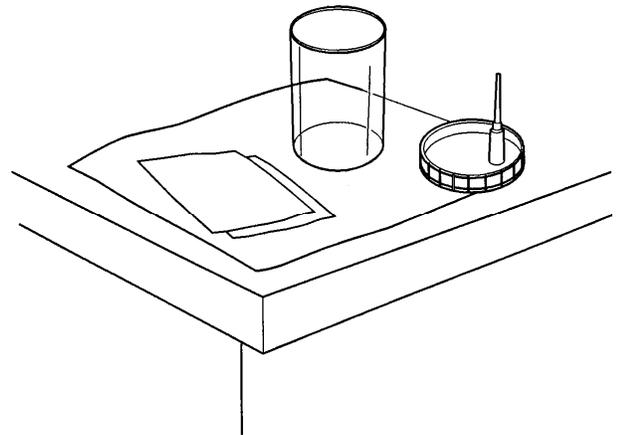# Urine Sample – Male (Clean Catch)

This test is done to check for bladder or urinary tract infection. 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 cup lid, 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. Pull back on the fold of skin around the tip of your penis if you are not circumcised.

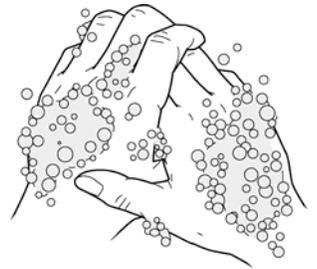8. Wash the end of your penis with a wipe. Throw the wipe away.

9. Wash your penis with the second wipe. Throw the wipe away.
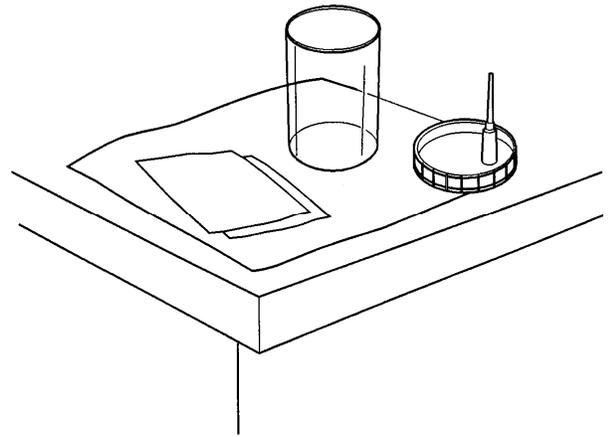
10. Pick up the cup.

尿样–男性 (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。

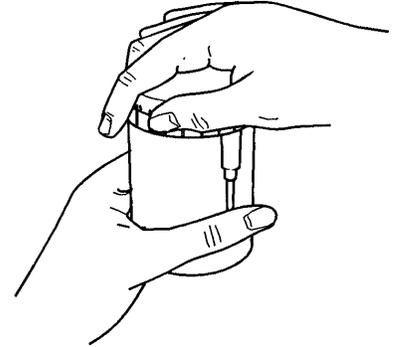2. 使用尿样包。尿样包包括一个杯子和 2 张擦纸。

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. 如果您未割除包皮，请将阴茎头处的皮肤皱折往后拉。

8. 用擦纸擦洗您的阴茎头部。丢掉擦纸。
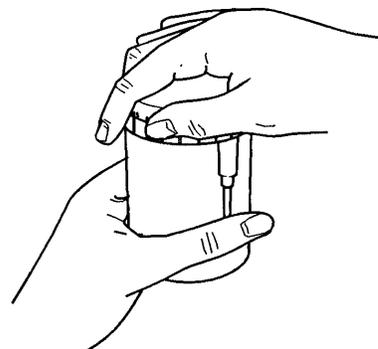
9. 用第二张擦纸擦洗阴茎。丢掉擦纸。

10. 拿起杯子。

11. Start to urinate a small amount into the toilet.

12. Put the cup into the urine stream. Collect the urine in the cup until it is about half full.

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

14. Wash your hands.

15. If you are in the hospital, give the sample to the staff. If you are 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.

11. 先将少量尿液流入马桶。

12. 尿液流出时把杯子放下去。用杯子集尿直到半杯液量。

13. 将杯盖盖紧。请小心不要触碰杯子内部或盖。

14. 请洗手。

15. 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。

Urine Sample – Male. Simplified Chinese