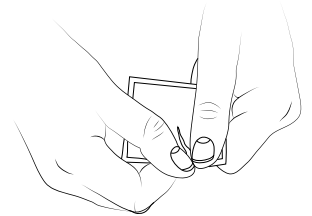
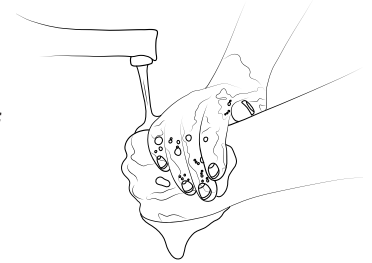


Urine Sample – Female (Clean Catch)

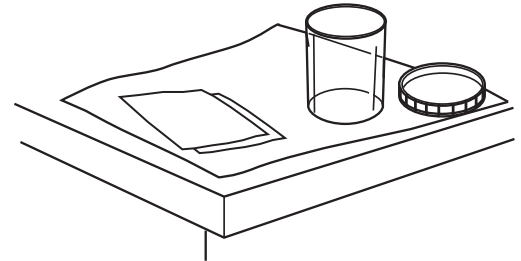
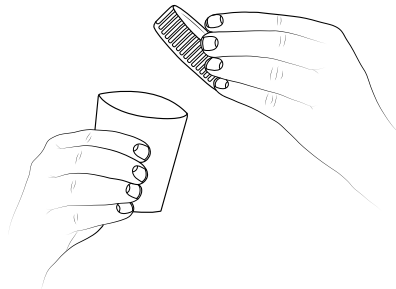
This test is done to check for bladder or urinary tract infections. The best time to get a urine sample is when the urine has been in your bladder for at least two to three hours. We suggest that you get the sample when you first wake up in the morning.

Follow These Steps

1. Wash your hands with soap and water. Dry your hands well.
2. Get the urine sample kit. The kit has a cup with a lid and a packet of wipes.
3. Spread a clean paper or cloth towel out on a counter or surface you can reach from the toilet.
4. Open the wipes and place them on the towel.



5. Take the lid off of the cup. Put the lid flat side down on the towel. Do not touch the inside of the cup or lid.



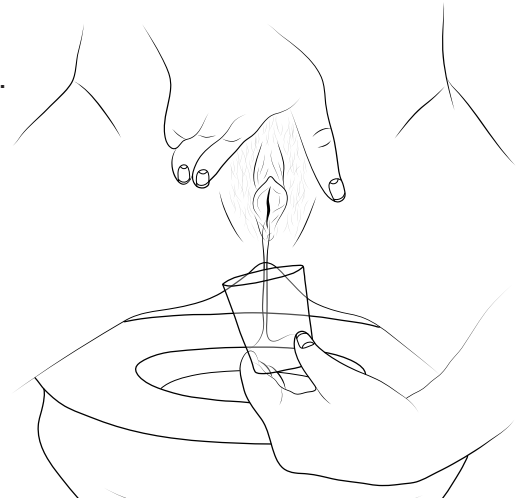
6. Sit on the toilet and spread your legs apart. Use two fingers on one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open until you get the urine sample.
7. With your other hand, use the wipes to clean your labia.
 - With the **first wipe**, wipe from front to back of inner labial folds in one stroke. Throw away the wipe in the trash.
 - Use the **second wipe** to clean in the middle over the opening to your urethra. This is where your urine comes out. It is just above the opening to your vagina. Throw away wipe in the trash.



8. Urinate a small amount into the toilet, and then stop the flow.



9. Hold the urine cup a few inches from your urethra. Urinate into the cup until it is about half full. Stop the flow. Let go of your labia, and if needed, finish urinating into the toilet (not the cup).



10. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.
11. Wash your hands with soap and water.

- 12. If you are in the hospital**, call the nurse to take the fresh specimen. Do not allow the sample to sit in the room.

If you are at home, put the cup in a plastic bag and put the bag in the refrigerator to keep the sample fresh. Take the sample with you when you go to the laboratory 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.