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INSTRUCTIONS FOR CLEAN-CATCH URINE COLLECTION

A Clean-catch urine specimen must be kept free from contamination.

Please follow these instructions:

PREPARATION:

Women:

1. Remove lid from container (do not touch inside lid or cup).
2. If you are having your period, insert fresh tampon or use cotton to stop blood flow.
3. Wash hands thoroughly with soap and water.
4. Separate skin folds (labia) around urinary opening. Use antiseptic wipes provided to wipe exposed area from front to back.
5. Repeat process using all wipes



Men:

1. Remove lid from container (do not touch inside lid or cup).
2. Wash hands thoroughly with soap and water.
3. Pull back foreskin of penis completely and wipe exposed area with antiseptic wipes provided.
4. Repeat process using all wipes.

COLLECTION OF SPECIMEN (both women and men)

1. Begin urinating into toilet. Once urine stream has begun, move container underneath to catch urine sample.
2. **DO NOT** touch container to your body

IMPORTANT: Non-labeled or incorrectly labeled urine containers will not be accepted.