Albany Medical Center Laboratory
Urine Clean-Catch, Mid-Stream Collection – Patient Instructions

1. Wash hands thoroughly.
2. Place the specimen container on a counter or chair near the toilet, touching only the outside of the container.
3. Assume the following position:
   Female – sit on toilet with legs spread far apart.
   Male – stand facing the toilet or sit on toilet with legs far apart.
4. Cleanse the area as follows:
   Female
   - Spread labia minora with thumb and forefinger on non-dominant hand.
   - Wipe one side of labia minora using a single stroke from front to back, away from perinatal area. Rinse.
   - Repeat procedure on the other side.
   - Wipe the center over the urinary meatus with a single stroke from front to back, away from the perianal area. Rinse.
   Male
   - Retract foreskin, if applicable.
   - Cleanse head of penis with towelette or soap and water using a circular motion from the urethral opening to the outer diameter of the penis. Rinse.
   - Repeat.
5. Hold the specimen container by the outside surface and begin urinating into the toilet.
6. Place the specimen container under the stream of urine after a good flow has started.
7. Fill the specimen container half full and remove from the stream.
8. Place the specimen container on a firm surface.
10. Wash your hands.
11. Screw the sterile cover on the container touching only the outer surfaces.
12. Check to be sure the specimen container has a label with your name and date of birth.
13. Notify a nurse or other healthcare provider when specimen collection is completed.