PROPER TECHNIQUE FOR CLEAN-CATCH MIDSTREAM URINE COLLECTION

Midstream clean-catch urine is collected in a sterile container and yields a specimen that is suitable for microbial analysis or culture and sensitivity testing. Clean-catch procedures are necessary to ensure that the specimen is free of contaminating matter from the external genital areas. Special cleaning of the genital area is required before the specimen is collected.

NECESSARY SUPPLIES
1. Sterile collection container
2. Cleansing towelettes: 1 for males, and 3 for females
3. Label for sterile container

CLEAN-CATCH PROCEDURES FOR MALE PATIENTS
1. Wash hands thoroughly.
2. Unwrap towelette and cleanse the tip of penis. If male has foreskin, retract the foreskin and cleanse the tip of the penis.
3. Urinate the first portion of urine into the toilet. Stop the urine flow momentarily, then resume the flow, and collect at least 30 mLs of urine into the container, being careful not to touch the inside or lid of the container with the hands or any other part of the body.
4. Void the remainder of urine into the toilet.
5. Cover the specimen with the lid provided, touching only the **<u>outside</u>** surfaces of the lid and container. Screw lid tightly onto container.

CLEAN-CATCH PROCEDURES FOR FEMALE PATIENTS
1. Wash hands thoroughly.
2. Unwrap three towelettes.
3. Stand in a squatting position over the toilet.
4. Separate the folds of skin around the urinary opening. Cleanse the area around the opening of the urethra with all 3 wipes, wiping front to back.
5. Urinate the first portion of urine into the toilet. Stop the urine flow momentarily, then resume the flow, and collect at least 30 mLs of urine into the container, being careful not to touch the inside or lid of the container with the hands or any other part of the body.
6. Void the remainder of urine into the toilet.
7. Cover the specimen with the lid provided, touching only the **<u>outside</u>** surfaces of the lid and container. Screw lid tightly onto container.