

Patient Instructions for the Collection of Urine for Urinalysis and/or Culture and Susceptibility Studies

A "clean-catch" urine sample is necessary to assure accurate results. By following the directions listed below, it is possible to collect a sample that is free from possible contamination that may negatively affect the results of your test.

Please read directions completely before beginning. The specimen must be collected in a sterile container obtained from a hospital, clinical laboratory or your physician.

Females

1. If menstruating, insert a fresh tampon to halt flow.
2. Open the sterile specimen collection cup without touching the rim, inside of cup or inner surface of the cup lid.
3. Wash hands with soap and water. Dry hands.
4. Separate the skin fold around the urinary opening with one hand and keep apart until finished collecting the sample.
5. Using a sterile moist towelette (or cotton balls soaked in soap and water) wash the urinary opening and surrounding tissue, front to back. Rinse with clear water.
6. Begin urinating into the toilet, holding skin folds apart with your fingers.
7. After the urine stream is well established, and without interrupting the urine flow, move the sterile container into the path of the stream to "catch" the urine.
8. Collect the urine until the container is approximately half full (or until flow of urine decreases substantially) and then finish voiding into toilet.

Males

1. Open the sterile specimen collection cup without touching the rim, inside of cup or inner surface of the cup lid.
2. Wash hands with soap and water. Dry hands.
3. Retract the foreskin and thoroughly wash the end of the penis using a sterile moist towelette or washcloth soaked in soapy water. Rinse with clear water.
4. Begin urinating into the toilet.
5. After the urine stream is well established, and without interrupting the urine flow, move the sterile container into the path of the stream to "catch" the urine.
6. Collect the urine until the container is approximately half full (or until flow of urine decreases substantially) and then finish voiding into toilet.

General

1. Do not allow any part of the body to touch the rim or inside of the container.
2. Do not completely fill container. Testing can be performed on a small urine sample.
3. If the specimen is collected at home, label the container with your name, date and time of collection, and refrigerate immediately.

The Outpatient Laboratory at Central DuPage Hospital is open during the following days/hours:

Monday, Wednesday, Friday	6:30 am – 5:00 pm
Tuesday, Thursday	6:30 am – 6:30 pm
Saturday	8:00 am – 1:00 pm
Sunday	9:00 am – 12:00 pm

The Convenient Care Laboratories are open during the following days/hours:

Monday – Friday	7:30 am – 8:30 pm
Saturday – Sunday	8:00 am – 6:00 pm
Holidays	7:30 am – 4:00 pm*

* Open locations vary; please call for holiday hours.

The patient's name, date of birth, date and time of collection should be noted on the specimen container.