

## How to Collect Urine for Urinalysis and Culture and Susceptibility Studies

A “clean-catch” urine sample ensures accurate results. Follow the directions below to collect a sample that is not contaminated.

You must collect the sample in a sterile container from a hospital, laboratory or your physician. Your name, date of birth, and date and time of the sample collection should be on your sample container.

### Females

1. If you are menstruating (on your period), insert a fresh tampon to halt flow.
2. Open the sample collection cup. Do not touch the rim, inside of cup or inner surface of the cup lid.
3. Wash your hands with soap and water. Dry them.
4. Separate the skin fold around the urinary opening with 1 hand. Keep it apart.
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. Start urinating into the toilet, still holding skin folds apart with your fingers.
7. After your urine stream is well established, and without interrupting the urine flow, move the container into your urine stream to catch the urine.
8. Collect the urine until the container is about half full (or until flow of urine slows substantially). Then finish urinating into toilet.

### Males

1. Open the sample collection cup. Do not touch the rim, inside of cup or inner surface of the cup lid.
2. Wash your hands with soap and water. Dry them.
3. Retract any 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. Start urinating into the toilet.
5. After the urine stream is well established, and without interrupting the urine flow, move the container into your urine stream to catch the urine.
6. Collect the urine until the container is about half full (or until flow of urine slows substantially). Then finish urinating into toilet.

### General

- Do not let any body part touch the rim or inside of the container.
- Do not completely fill container. Only a small amount is needed for testing.
- If you collect your sample at home, label the container with your name, date of birth, date and time of collection.

Refrigerate the sample immediately until you return it to a lab.

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