Urine Collection Instructions

**Urine Midstream (Clean-Catch) Collection**

If you have a LABIA:
1. Separate folds of labia.
2. Wipe folds front to back using towelette. Repeat with second towelette.
3. While still holding labia apart, urinate a small amount into the toilet.
4. Bring cup into the middle part of stream without touching any skin.
5. Remove cup before stream ends.

If you have a PENIS:
1. Separate folds of labia.
2. Wipe folds front to back using towelette. Repeat with second towelette.
3. While still holding labia apart, urinate a small amount into the toilet.
4. Bring cup into the middle part of stream without touching any skin.
5. Remove cup before stream ends.

**First Stream Collection: PENIS**

*Collect after at least 1 hr since last urination!*

1. Collect the first 20-30mL urine stream into the urine collection container.

Please place urine specimen into the metal container in the restroom & spin the bin.

Thank You 😊