Urine Collection Techniques for FEMALES

ROUTINE URINALYSIS:
**MIDSTREAM COLLECTION**

*Please read thoroughly before starting.*
*If you have any questions, please contact us at ____________________.*

1. Wash and dry hands thoroughly, then unscrew the cap from the sterile container provided.
2. Do not touch the inside of the container.
3. If you are menstruating, please tell the staff member who gave you the container.
4. While sitting on the toilet with legs apart, separate the labia (vaginal lips) with the fingers of one hand (hold in this position until specimen is obtained).
5. Pass a urine specimen into the container until it is about ½ to ¾ full.
6. With the labia still separated, pass a urine specimen into the container until it is about ½ to ¾ full.
7. Continue to empty your bladder into the toilet.
8. Recap the container by making sure that the lid is securely tightened.
9. Wash and dry hands thoroughly. Bring urine specimen to the Patient Service Center as soon as possible.

MICROBIOLOGY CULTURE:
**CLEAN-CATCH COLLECTION**

*Please read thoroughly before starting. If you have any questions, please ask us.*

1. Wash and dry hands thoroughly, then unscrew the cap from the sterile container provided.
2. Do not touch the inside of the container.
3. If you are menstruating, please tell the staff member who gave you the container.
4. While sitting on the toilet with legs apart, separate the labia (vaginal lips) with the fingers of one hand (hold in this position until specimen is obtained).
5. With sterile towelettes or equivalent, cleanse inner folds and perineal area, wiping from front to back.
6. Pass some urine into the toilet.
7. With the labia still separated, pass a urine specimen into the container until it is about ½ to ¾ full.
8. Continue to empty your bladder into the toilet.
9. Recap the container by making sure that the lid is securely tightened.
10. Wash and dry hands thoroughly. Bring urine specimen to the Patient Service Center as soon as possible.