



How to Provide a Clean Catch Mid-Void Urine Sample – Female

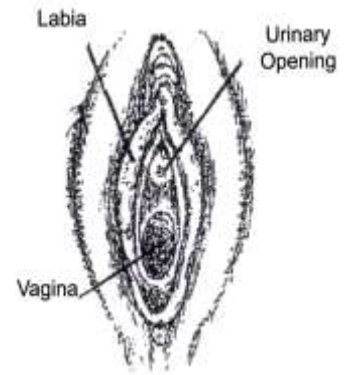
Important: It is important to follow the instructions below exactly, to properly clean the bacteria from the skin and urinary opening. A dirty specimen may result in the need for a second test, or worse yet, may be the cause of a wrong diagnosis, unnecessary medicine, or the wrong medicine being given to you.

Instructions for Females:

1. Wash your hands with soap and water, then rinse and dry.
2. Open all the towelettes and place them on a clean surface (i.e, a cloth or paper towel.)
3. Place towelettes and specimen container within easy reach.
4. Remove all undergarments.
5. Sit comfortably on the toilet seat and swing one leg to the side as far as possible.
6. **With one hand spread the labia folds and keep them spread during the cleansing and collection of the urine specimen (see the diagram.)**
7. **WASH** the area from which the urine is passed. Use the three soap towelettes. Using one towelette at a time, begin to wash gently wiping only from front to back between the folds of skin. Discard that towelette. Repeat the front and back wash process, using one towelette at a time.
8. **RINSE.** Rinse with one sterile saline towelette. Use the front to back motion.
9. **VOID** a small amount of urine into the toilet, then collect a portion of the urine in the specimen container. The cup should be held to avoid contact with skin and clothing. Keep the fingers away from the rim and inner surface of the container.

When voiding is completed, close the container, wash your hands, label the container, dress, and give the container to the attendant.

If you are collecting the specimen at home, take the labeled container to the place directed by your health professional (office or lab) immediately. It is important to keep the specimen cold from the time it is collected until you are ready to take it to the office or lab.



Questions About Your Test:

If you have any questions about the test, call the doctor that ordered the test or the Pathology Center, 402.354.4541 or 888.432.8980.

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