

**Subject: Urine Collection - Midstream Clean Catch**

**Purpose:**

To obtain a meaningful report on a urine sample, it is important that the urine specimen be collected properly. While a regularly voided specimen is acceptable for routine urinalysis, a midstream collection is preferred. For collection of a urine culture, a midstream collection must be performed. The following procedure can ensure that the results are accurate.

**Responsibility:**

All LabOne Associates instructing patients in urine collection.

**Procedure:**

- A. Patient cooperation is necessary to get as clean a specimen as possible. Speak to the patient in terms he/she will understand, avoiding the use of medical terms and abbreviations.
- B. Instruct patient to wash hands well with soap and water.
- C. Tell the patient not to touch the inside of the cup, cap, or straw on the inside of the cap. Take the cap off of the cup and place it on the counter with the straw facing upward.
- D. Have the patient cleanse themselves with the enclosed towelette and collect urine specimen.

**1. Female**

- a. Sit comfortable on the toilet seat with your knees as far apart as possible.

- b. Spread labia with one hand and wipe inner fold from front to back. Discard towelette and repeat with second and third.
- c. Keeping labia separated, begin to pass the urine into the toilet.
- d. Without stopping flow, collect urine into cup.
- e. Finish voiding into toilet.
- f. Replace cap tightly on cup, making sure not to touch inside the rim of cup.

## **2. Male**

- a. Wipe head of penis in a single motion with first towelette. Repeat with second towelette. If not circumcised, hold foreskin back before cleansing.
  - b. Urinate a small amount into toilet.
  - c. Without stopping flow, collect urine into cup.
  - d. Finish voiding into toilet.
  - e. Replace cap tightly on cup, making sure not to touch inside of rim of cup.
- E. Peel back the label on top of urine collection cup to expose the integral sampling device.
- F. Place the 5 ml gray vacuum tube in the holder portion with the stopper down and push the tube down to pierce the stopper. Hold in position until the urine stops flowing into the tube. Remove the tube from the device and shake vigorously to mix contents.
- G. Repeat with 10ml gray vacuum tube for routine urinalysis.
- H. Use the LIS Computer Generated label or, hand write the tube(s) with:
- 1. Patient's name

Urine Collection - Midstream Clean Catch

Page 3 of 3

2. Identification number
  3. Date and time of collection
  4. Indicate specimen is “clean catch” urine
- I. Discard lid into sharps container. Flush remaining contents of cup into toilet and discard cup into container for contaminated articles.
- J. Place urine tube(s) into a biohazard transport bag and transport to laboratory.  
Do not send specimen cup to the lab.

**References:**

1. “Urine, Clean Catch Midstream”, The Jewish Hospital, Inc. 8/1/95.
2. “Obtaining a Clean Catch Urine Specimen -Male”, The Christ Hospital, 12/29/95.
3. “Obtaining a Clean Catch Urine Specimen -Female”, The Christ Hospital, 12/29/95.
4. Vacutainer Brand Urine Collection Kit for Midstream Specimens, July 1995.