

# How to Collect a Urine Sample

## *Clean Catch or Midstream*

1. Cleanse the area around the opening of your urethra.
  - **If you have a penis:**
    - Cleanse the head with soapy towelettes. (If you are not circumcised, pull back your foreskin before cleansing.)
    - Rinse the cleansed area with a new towelette.
  - **If you do not have a penis:**
    - Sit on the toilet and hold the labia apart.
    - Using a soapy towelette, cleanse between the folds of skin, wiping from front to back.
    - Rinse the cleansed area with a new towelette, wiping from front to back.
2. Hold the collection container with your fingers on the outside of the container. Do not touch the rim of the container.
3. Begin urinating. After the urine has passed for several seconds, put the container in the urine stream and collect the urine.
4. When the container is full, remove it from the urine stream and finish urinating in the toilet.
5. Put the lid on the container. Make sure it is closed tightly.
6. Make sure the container is labeled with your first and last name, and date of birth.

**Please do not flush the towelettes.**