



Dear Patient,

Your doctor has ordered a laboratory test that will require you to collect a sterile urine sample. A sterile urine sample is collected using the "clean catch, mid-stream" method. After the collection, the sample must be delivered to the laboratory. Please follow the instructions on this sheet to ensure accurate results.

## HOW TO COLLECT A SAMPLE

- 1. Open the sterile specimen cup.** Unscrew the cover on the specimen cup and place the cover, face up, on a flat surface. Do not touch inside the cover or the inside of the open specimen cup.
- 2. Open the antiseptic towelette.** Tear open the outer packaging of the towelette and discard the empty wrapper in the trash can. Unfold the towelette completely.
- 3. Cleanse the urethral meatus and the area around the urethral meatus.** While seated on the toilet, spread the labia major (outer folds) with the fingers. Using a front to back motion, cleanse the urethral meatus and surrounding area with the towelette. Discard the used towelette in the trash can.
- 4. Collect a mid-stream urine sample.** While continuing to hold the labia major apart, begin to urinate into the toilet, then stop urination after the first few seconds. Resume urination into the sterile specimen cup. If the specimen cup reaches more than 3/4 full, stop urination, remove the cup and continue urination into the toilet. Avoid contaminating the outside of the sterile specimen cup with urine.
- 5. Replace the cover on the sterile specimen cup.** Secure the cover tightly to prevent leaking.
- 6. Label the sterile specimen cup.** Label the cup with your full name, as well as the date and time you collected the sample.
- 7. Deliver the sterile specimen cup to the laboratory.** Bring the labeled cup to the laboratory as soon as possible after collection. If there will be any delay before the sample can be delivered, the sample must be kept refrigerated. You may bring the sample to the laboratory where you received the sterile specimen cup, or to any Clinical Laboratories of Hawaii site near you. Be sure to bring the test requisition provided by your doctor along with the sample.

## HELPFUL HINTS AND PRECAUTIONS

- It is not necessary to completely fill the sterile specimen cup with urine, however it is necessary to collect enough for the tests your doctor has ordered. Collect as much as possible, but be aware that if the sample is not of sufficient quantity, you may be asked to collect another sample.
- Careful cleansing prior to sample collection and careful handling of the sterile specimen cup prevent sample contamination