

Clean-Catch Urine Sample: Men

What is a clean-catch urine specimen?

A clean-catch urine sample is a sample of urine collected in a special way.

You may have bacteria in your urinary tract. They may be causing an infection. Your healthcare provider can test the urine for bacteria. This way of collecting urine helps keep out bacteria that are on your skin but not in your urinary tract.

How do I collect a clean-catch sample?

1. Your healthcare provider will give you a cup for the urine sample.
2. In the bathroom, wash your hands with soap and water.
3. Remove the lid from the cup. Do not touch the inside of the lid or the inside of the cup. Place the top side of the lid down on the counter.
4. Before you start urinating, gently wipe the tip of the penis around the opening with wet cotton balls or with the packaged towelette provided. Don't use soap. If you have not been circumcised and still have your foreskin, gently pull the foreskin back before you wash the tip of the penis. Keep holding it back until you are finished getting the urine sample.
5. Hold the cup and start urinating into the toilet. After the first part of the urine has gone into the toilet, put the cup under the stream of urine. Catch 1 or 2 tablespoons of the urine. Then move the cup away from the urine stream and finish urinating into the toilet.
6. Put the lid on the cup and wash your hands.

Developed by RelayHealth.

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