

**Job Aid/Patient Information Sheet: Clean-Catch Urine Specimens (Female Patients)**

- Wash hands thoroughly.
- Remove lid from container and lay upside down on shelf in restroom. Do not touch the rim or inside of urine container. Place within reach of the toilet.
- Tear open packet of towelettes. Place within reach of toilet also.
- Place underclothing below knees or out of area where sterile cleaning will take place.
- Spread your labia with one hand, using two fingers. With the other hand, wash the vaginal area with one of the towelettes from the front to the back. (Not back to front). Throw away towelette after a single “pass”.
- Repeat this procedure with the remaining 2 towelettes.
- Continue holding labia open with your two fingers and start urinating in the toilet; allow a few teaspoons to pass.
- After the few teaspoons pass, hold the cup under the stream of urine and pass the remainder of the urine into the cup. If the cup is one-half full, it is sufficient for testing.
- Tighten cap securely and wash off any spilled urine on outside of container.
- Make sure your name is correctly written on the container. Place urine cup in white bucket outside the restroom.