How to Collect a Clean-Catch Urine Sample

- Carefully wash and dry your hands.
- Remove the cap of the specimen container.
- Clean the area around the opening of the urethra with antiseptic as directed by a nurse. (Girls use 3 antiseptic pads wipe down the right side, left side, middle, front to back.)
- Have your child start urinating directly into the toilet, and then move the sterile container under the stream of urine.
- Fill the container as instructed.
- Do not let any part of the container touch the body.
- Recap the container.
- Label the container with your child’s name, date of birth and the date you collected the urine.
- Give the urine sample to a staff member.

Please ask the nurse if you have questions.