



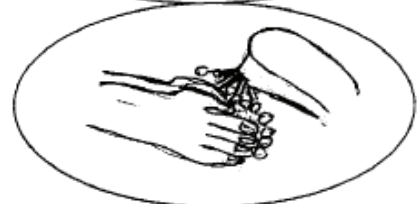
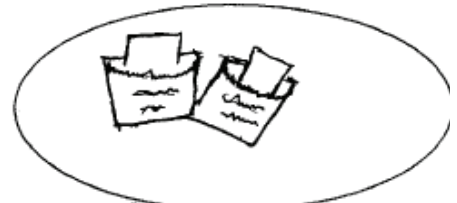
## *Information for You from Your Health Care Team*

### Collecting a Clean Urine Specimen - Men

Please follow these steps to collect a clean urine specimen.

Doing so will help you avoid repeating the test.

1. Open the two disposable wipes.  
Place within easy reach.
2. Remove the lid from the specimen cup.  
The lid needs to be facing up.  
Do not touch the inside of the lid.
3. Wash your hands for 15 seconds with soap and water.  
Dry your hands with a clean towel.
4. Prepare to urinate. Pull back foreskin when present.
5. Clean the end of your penis. Start at the opening and  
clean down the penis toward you. Throw away wipe.
6. Repeat cleaning with a new wipe. Throw away wipe.
7. Pass a small amount of urine into the toilet.
8. Stop the flow of urine and hold the cup a  
few inches from you penis.
9. Urinate into the cup. Do not overflow cup. After  
obtaining specimen continue voiding into toilet.
10. Place lid on the cup. Wash hands for 15 seconds.



Other instructions:

Speak up at any time if you have any questions or concerns.