

Urine Collection - Female

ROUTINE URINALYSIS: *MIDSTREAM COLLECTION*

1. Do not touch the inside of the container
2. While sitting on the toilet with legs apart, separate the labia (vaginal lips) with the fingers of one hand (hold this position until specimen is obtained)
3. Begin urinating into the toilet. After the urine has passed for several seconds, put the container in the urine stream and collect urine until the container is $\frac{1}{2}$ to $\frac{3}{4}$ full.
4. Continue to empty your bladder into the toilet.
5. If you are collecting the urine at the clinic, give sample to a member of the clinic staff.
6. If you are collecting the urine at home, place the lid on the container, make sure it is closed tightly
7. Make sure your name and date of birth are on the container
8. Refrigerate as soon as possible until delivery to the clinic or laboratory.

MICROBIOLOGY CULTURE: *CLEAN CATCH COLLECTION*

1. Do not touch the inside of the container
2. While sitting on the toilet with legs apart, separate the labia (vaginal lips) with the fingers of one hand (hold this position until specimen is obtained)
3. With sterile towelettes, cleanse the urethral opening and vaginal vestibule area, wiping from front to back.
4. Begin urinating into the toilet. After the urine has passed for several seconds, put the container in the urine stream and collect urine until the container is $\frac{1}{2}$ to $\frac{3}{4}$ full.
5. Continue to empty your bladder into the toilet.
6. If you are collecting the urine at the clinic, give the sample to a member of the clinic staff.
7. If you are collecting the urine at home, place the lid on the container, make sure it is closed tightly
8. Make sure your name and date of birth are on the container.
9. Refrigerate as soon as possible until delivery to the clinic or laboratory