

How to Collect a Clean-catch Urine Sample *for Women*

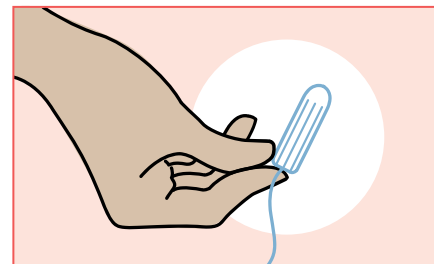
- 1** Wash your hands with soap and water.



- 2** Label the container with your name, date of birth, and the date and time of collection.



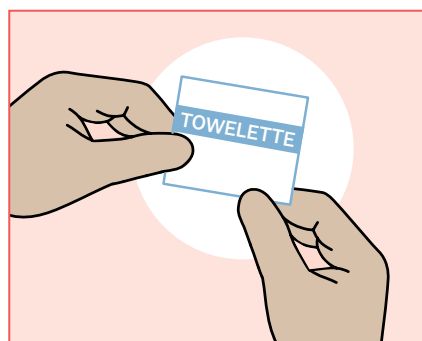
- 3** If you are menstruating, insert a fresh tampon to stop the flow. If you can't use a tampon, inform your provider's office or lab caregivers.



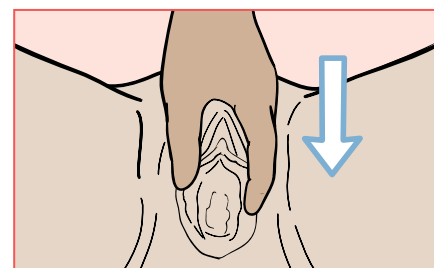
- 4** Open the urine specimen cup. Do not touch the inside of the cup.



- 5** Open a moist towelette.



- 6** Separate the skin folds around the urinary tract opening. Wipe the opening and skin folds from **front to back**. Throw away the towelette. Clean 2 more times **using a new towelette each time**.



- 7** Pee into the toilet for a few seconds.



- 8** Place the specimen cup into the path of the urine stream. Fill the cup halfway with urine.



- 9** Wipe off the cup and tightly screw on the lid. Place in the designated area. Wash hands.

