

# How to Collect a Clean-catch Urine Sample for Men

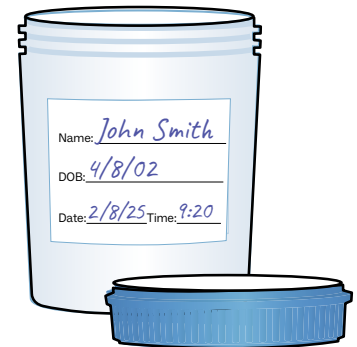
- 1** Wash your hands with soap and water.



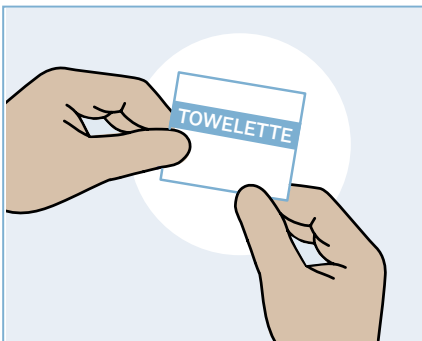
- 2** Label the container with your name, date of birth, and the date and time of collection.



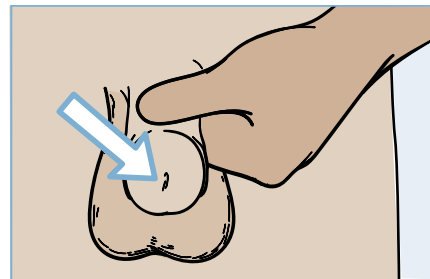
- 3** Open the urine specimen cup. Avoid touching the inside of the cup.



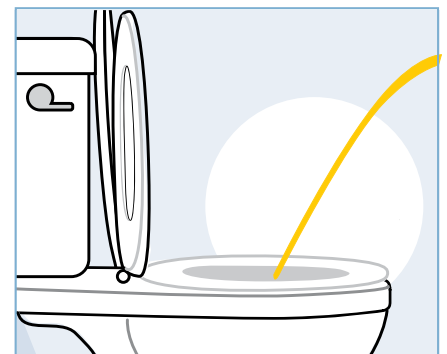
- 4** Open a moist towelette.



- 5** Use the towelette to clean the tip of the penis and the urinary tract opening (where the pee comes out). If needed, pull the foreskin back from the opening.



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



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



- 8** Wipe off the cup and tightly screw on the lid



- 9** Place in the designated area. Wash hands.

