

Clean Catch Urine Sample and Culture

[Video for Male](#)



[Video for Female](#)

Steps

- Wash your hands.
- Remove sterile container from packaging, [Do not Clean with Water](#)
- Females should use clean moist towel (Tissue paper without antiseptic or Alcohol) to clean the vulva and perianal areas starting from front to back. Repeat with a second moist towel. One can wash with copious water.
- Males should retract the foreskin from the penis if necessary and use the moist towel to clean the penis from the tip to the base. Repeat with second towel. One can wash with copious water
- Females should then spread their labia with one hand and start urinating into the toilet. With the other hand, they should put the urine container under the genital area to catch the stream of urine without touching any skin.
- Males should retract the foreskin if necessary with one hand and start urinating into the toilet. Then, position the urine container with the other hand to catch the stream without touching any skin.
- Don't fill urine to the top of the sterile container. No more than half a container is necessary.
- Place the lid on the container and set it on the sink or someplace stable while you finish urinating into the toilet.
- Screw the lid securely on the container and wipe it off. Wash your hands and drop off the container to the lab as instructed.

What Is a Clean Catch Urine Sample?

A clean catch urine sample or specimen is one of the least invasive procedures for a urine culture or urinalysis. The clean catch method aims to prevent bacteria from the skin of the penis or vagina from contaminating the urine specimen. It's important to follow the clean catch process to have accurate results from an uncontaminated sample.

The most common reason to get a clean catch urine sample is to test for a urinary tract infection (UTI). Symptoms of a UTI include pain or burning and a constant urge to urinate. Even if you have no overt symptoms, your doctor may request a urine culture as part of a complete physical.

However, urine cultures can also check for the following:

- unusual infections of the bladder or kidney
- stress incontinence
- pH levels in pregnant women
- the presence of kidney stones
- drugs in the system

How Do I Perform a Clean Catch Urine Sample?

After completing the clean catch at home, drop off the sample as soon as possible. You'll need to refrigerate the sample if it will be more than 30 minutes until you can drop it off.

Some clinics provide a clean catch kit consisting of a plastic container with a lid, a label for you to write your name on, and an individually packed.

Note that it's important to collect a urine sample midstream. This means that you should start urinating, then stop your flow. Place the collection container underneath your genital area and then release your urine flow again.