



# Urine Collection Technique for Females

## ROUTINE URINALYSIS

## MIDSTREAM COLLECTION

**Please read thoroughly before starting. If you have any questions, please ask us.**

- 1 Do not touch the inside of the container.
- 2 If you are menstruating, please tell the staff member who gave you the container.
- 3 While sitting on the toilet with legs apart, separate the labia (vaginal lips) with the fingers of one hand (hold in this position until specimen is obtained).
- 4 Pass some urine into the toilet.
- 5 With the labia still separated, pass a urine specimen into the container until it is about  $\frac{1}{2}$  to  $\frac{3}{4}$  full.
- 6 Continue to empty your bladder into the toilet.

## MICROBIOLOGY CULTURE

## CLEAN-CATCH COLLECTION

**Please read thoroughly before starting. If you have any questions, please ask us.**

- 1 Do not touch the inside of the container.
- 2 If you are menstruating, please tell the staff member who gave you the container.
- 3 While sitting on the toilet with legs apart, separate the labia (vaginal lips) with the fingers of one hand (hold in this position until specimen is obtained).
- 4 With sterile towelettes or equivalent, cleanse inner folds and perineal area, wiping from front to back.
- 5 Pass some urine into the toilet.
- 6 With the labia still separated, pass a urine specimen into the container until it is about  $\frac{1}{2}$  to  $\frac{3}{4}$  full.
- 7 Continue to empty your bladder into the toilet.



*Provided for the clients of*