

## CLEAN CATCH URINE SAMPLES – MEN SAMPLE COLLECTION INSTRUCTIONS

**Label the cup with your FULL LEGAL NAME and DATE OF BIRTH.  
Do not label the lid. Your sample cannot be accepted without this information.**

Carefully follow collection instructions below. If sample is not collected properly, results may not be accurate.

1. Wash your hands thoroughly with soap and water
2. Remove the lid from the specimen container. Do not touch the inside of the cup or the cover.
3. Open one package of the antiseptic towelettes.
4. Retract the foreskin and wash the penis thoroughly from tip to base using down strokes only.
5. Discard the first towelette and repeat step 4 with the second towelette.
6. Begin urinating into the toilet, not the cup, to wash away remaining contaminants from the skin around the opening of the urethra.
7. While urinating, move the cup into the stream of urine and fill it about half full.
8. Remove the cup from the stream without stopping the flow of urine and finish urinating into the toilet.
9. Put the cover on the specimen container without touching the inside and screw the lid on tightly.
10. Discard the packaging materials. Wash your hands. Label the container with:
  - The patient's full legal name (first and last, no nicknames)
  - Date of birth
  - Date and time of collection
11. Place the specimen in the provided biohazard bag and bring it to the hospital blood draw area.

*If sample cannot be returned to the lab within 2 hours of collection, it MUST be refrigerated.*