



“First-catch” urine collection

Instructions for women



Your doctor has decided to use urine to test for some infections. Please follow these instructions to collect the urine correctly:

- 1 Do not urinate for at least 1 hour prior to collecting your sample.
- 2 Wash your hands thoroughly with soap and water. Dry them with a paper towel.
- 3 Open the sample urine cup without touching the inside. Do not wipe or clean the outside of your vagina (the labia) before you urinate.
- 4 Urinate into the cup while sitting on the toilet. It's important that you collect the first part of the urine stream (first catch). This ensures that the urine will contain sufficient organisms to detect infection.
- 5 Check to see if the bottom of the cup is covered. If so, this is about 2 ounces. Do not urinate any more into the cup, since collecting a larger sample may make it more difficult to detect infection.
- 6 After collecting your urine sample, empty your bladder into the toilet.
- 7 Mark the cup with your name.
- 8 Wash your hands.





“First-catch” urine collection

Instructions for men



Your doctor has decided to use urine to test for some infections. Please follow these instructions to collect the urine correctly:

- 1 Do not urinate for at least 1 hour prior to collecting your sample.
- 2 Wash your hands thoroughly with soap and water. Dry them with a paper towel.
- 3 Open the sample urine cup without touching the inside. Urinate into the cup. It's important that you collect the first part of the urine stream (first catch). This ensures that the urine will contain sufficient organisms to detect infection.
- 4 Check to see if the bottom of the cup is covered. If so, this is about 2 ounces. Do not urinate any more into the cup, since collecting a larger sample may make it more difficult to detect infection.
- 5 After collecting your urine sample, empty your bladder into the toilet.
- 6 Mark the cup with your name.
- 7 Wash your hands.



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