



## First Catch Urine Collection Instructions for Women

Your healthcare provider has decided to use urine to test you for some infections. Please use the following instructions to collect the urine correctly:

- 1 You should have not urinated for at least one hour prior.
- 2 Do not wipe or clean the outside of your vagina (the labia) before you urinate.
- 3 Sitting on the toilet, urinate into the cup. The urine that first comes out of your body is needed.
- 4 Check to see if the bottom of the cup is covered. If so, this is about 2 ounces. Do not urinate anymore into the cup, as too much urine can make it hard to see if an infection is there.
- 5 After collection, empty your bladder in the toilet.
- 6 Mark the cup with your name.
- 7 Wash your hands.





## First Catch Urine Collection Instructions for Men

Your healthcare provider has decided to use urine to test you for some infections. Please use the following instructions to collect the urine correctly:

- 1 You should have not urinated for at least one hour prior.
- 2 Urinate into the cup. The urine that first comes out of your body is needed.
- 3 Check to see if the bottom of the cup is covered. If so, this is about 2 ounces. Do not urinate anymore into the cup, as too much urine can make it hard to see if an infection is there.
- 4 After collection, empty your bladder in the toilet.
- 5 Mark the cup with your name.
- 6 Wash your hands.

