



Copley Hospital, Inc. Laboratory Services Directory

STERILE MID-STREAM URINE COLLECTION INSTRUCTIONS

Technique for Women

1. Wash hands with soap and water.
2. Open and unfold the 2 towelette packages and open the screw cap container.
3. Separate the labia with one hand and hold them apart for the entire urine collection.
4. Cleanse the urinary opening with one of the towelettes. Make 3 passes using a front to back motion.
5. Repeat the process with the second towelette.
6. Void into the toilet for a couple seconds and then stop.
7. Restart the urine stream collection in the sterile container.
8. Without stopping the flow of urine, finish in the toilet.
9. Avoid touching the inside of the container. Screw the lid onto the container.

Techniques for Males

1. Wash hands thoroughly with soap and water.
2. Open and unfold the 2 towelette packages and open the screw cap container.
3. Cleanse the penis with one of the towelettes.
4. Repeat the process with the second towelette.
5. Void into the toilet for a couple seconds and then stop.
6. Restart the urine stream collection in the sterile container.
7. Without stopping the flow of urine, finish in the toilet.

8. Avoid touching the inside of the container. Screw the lid onto the container.