Early morning specimens yield highest bacterial counts from overnight incubation in the bladder and are the best specimens.

**Materials Needed**
- Sterile container with lid and cleansing towelettes
- Urine collection kit provided to outpatients

**Healthcare Professional: Processing Instructions**
Hair from perineum, bacteria from vaginal secretions, vulva or distal urethra, or organisms from hands or clothing will contaminate the specimen.

Instruct patient to collect a **midstream** specimen. Use the urine collection kit supplied by St. John’s Mercy or a sterile cup with lid. The urine should be processed within 30 minutes of collection, refrigerated, or placed in appropriate preservative tube, if applicable. Follow processing instructions supplied with kit.

If refrigeration is not possible, urine specimens for **Culture** can be placed in Gray top C&S Preservative BD vacutainer tube.
- **Gray top tubes CANNOT be used for routine urinalysis tests, only for Cultures.**
- Gray top tubes do not require refrigeration and are stable for 48 hours after collection.
- Outpatient specimens submitted for both urinalysis and culture require BOTH a sterile cup and Gray top tube OR a sterile cup which has been refrigerated.

**Patient Collection Instructions**

**Males**
1. Wash hands thoroughly with soap and water. Rinse them well and dry with a paper towel.
2. Tear open the towelette packages so that the towels can be easily removed with one hand as it is needed. Open the urine container. Do not touch any of the inside surfaces of the container or the lid. Place the container lid aside, making sure that the “straw” does not come in contact with anything.
3. Pull back the foreskin (if not circumcised) to completely expose the head of the penis.
4. Wash the head of the penis thoroughly using first one towelette then the other. Discard the used towelettes into the toilet bowl.
5. Pass a small amount of urine into the toilet bowl, and then pass a urine sample directly into the container. Do NOT allow the container to touch the legs or the penis. Keep your fingers away from the rim and inner surface of the container. The container should have an adequate amount of urine; one-third to half full. If less is collected, consult with your healthcare professional for further evaluation.
6. Replace the lid on the container, making sure that lid is on tight. Wash hands thoroughly.
7. Give container to healthcare professional.
URINE CLEAN CATCH OR VOIED SPECIMEN COLLECTION

Females
1. Wash hands thoroughly with soap and water. Rinse them well and dry with a paper towel.
2. Tear open the towelette packages so that the towels can be easily removed with one hand as they are needed. Open the urine container. Do not touch any of the inside surfaces of the container or the lid.
3. Lower or remove your undergarments and sit on the toilet seat with your legs spread widely apart.
4. With one hand, spread your labia ('lips' of the vaginal area) apart to expose the vulva. Keep this hand in place during the washing and urinating procedure.
5. Use one towelette to wash the vulva well, passing the towelette only from front to back, NOT back and forth. Repeat this procedure using the second towelette. Discard the used towelettes into the toilet bowl.
6. Begin urinating into the toilet bowl then, without stopping the stream, insert the container to collect the specimen directly into the container. Do not allow the container to touch the legs, vulva, or clothing. Keep your fingers away from the rim and inner surface of the container. The container should have an adequate amount of urine; the container should be one-third to half full. If less is collected, consult with your healthcare professional for further evaluation.
7. Replace the lid on the container, making sure that lid is on tight. Wash hands thoroughly.
8. Give container to healthcare professional.

Specimen Labeling
Refer to the Specimen Collection Procedure for Labeling Specimens.