

Patient Instructions

Pocono Medical Center Laboratory

Clean Catch Midstream Voided Specimen

What is a Specimen Collection?

Your doctor has requested specific testing on urine samples. A few collection requirements are listed below to ensure proper processing and testing of your specimen. Please follow instructions closely.

How do I collect a urine sample for testing?

1. Wash hands, remove contents of package. (Do not touch inside of specimen cup)
2. Open the package of cleansing towelettes and use one at a time in the following manner.

For the male patient:

- Cleanse the urethral opening of the penis – starting at the center and working outward. If uncircumcised hold foreskin back and cleanse with antiseptic towelette starting at the urinary opening and work outward.

For the female patient:

- Separate the labia to expose the urethral orifice.
 - With one hand hold labia apart. Using the towelette cleanse one side of the labia starting at the front and working to the back. With a second towelette, cleanse the opposite side of the labia from front to back.
 - While keeping labia separated void forcibly.
3. Urinate a small amount into the toilet and then stop. Collect the midstream urine specimen in the sterile container.
 4. Avoid collecting the last few drops, by finishing urination into the toilet.
 5. Label specimen with name, date and time collected.

Transport specimen to the lab as soon as possible. If specimen is delayed more than one hour, refrigerate.

If you have any questions regarding the collection requirements or procedure, you may contact the Pocono Medical Center Laboratory at (570) 476-3371 before 6 p.m. or (570) 476-3369 after 6 p.m.