

FEMALE URINE COLLECTION

1. Wash hands thoroughly with soap and water.
2. If you are menstruating, insert a fresh tampon to stop the flow.
3. Sit on the toilet with legs spread apart, and using tow fingers, separate the skin folds around the urinary opening for collection.
4. Open the towelette packet and wash the urinary opening and the surrounding areas from front to back. Discard the cloth in the **waste basket**. Repeat with a second towelette.
5. Void into toilet for a few seconds and then stop. Wait until the urine stream is well established before stopping.
6. Place the empty container into the path of the stream.
7. Restart the urine stream and collect in sterile container to catch the middle portion of your flow.
8. Tightly screw the cap on the container and avoid touching inside of container.
9. Make sure the container is labeled with your name and date of birth.
10. Return the collected urine sample to a lab employee or place into the designated cabinet.
11. If you have any questions, feel free to ask any laboratory employee.

MALE URINE COLLECTION

1. Wash hands thoroughly with soap and water.
2. If necessary, retract foreskin away from urinary tract opening.
3. Use towelettes to clean tip of penis, including the urethral opening. Discard the cloth in the **waste basket**.
4. Void into toilet for a few seconds and then stop. Wait until the urine stream is well established before stopping.
5. Place the empty container into the path of the stream.
6. Restart urine stream and collect in sterile container to catch the middle portion of your flow.
7. Tightly screw the cap on the container and avoid touching inside of container.
8. Make sure the container is labeled with your name and date of birth.
9. Return the collected urine sample to a lab employee or place into the designated cabinet.
10. If you have any questions, feel free to ask any laboratory employee.