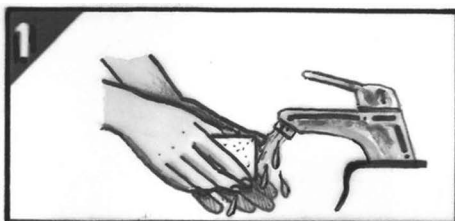


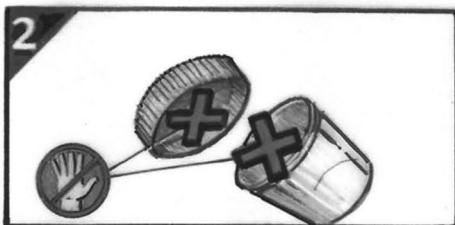
Female Clean-Catch Midstream Urine Specimen Collection Instructions

A correctly collected urine sample is necessary in order to perform the lab tests that your physician has ordered. The tests require a urine sample that is free of germs from the area surrounding the urethral opening (the opening through which the urine passes). Please follow the steps listed below when collecting your urine specimen for urine culture. Ask your healthcare provider if you have any questions about the collection process.

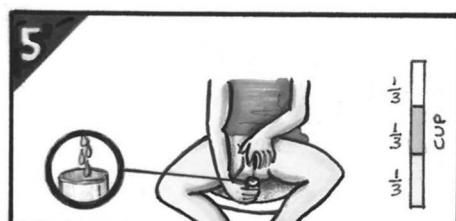
1. Wash your hands with soap and water.



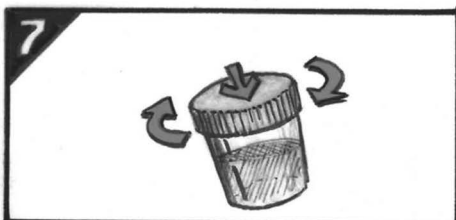
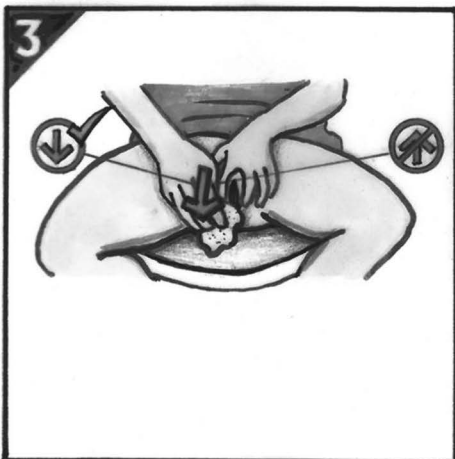
2. Remove the cap from the sterile container being careful not to touch the lip of the container or the inside of the container.



3. Open 2 towelettes and remove from packaging. Sit on the toilet seat with your legs straddling the seat and part the labia so that they do not obscure the urethral opening. Keep the labia apart until Step 6 is completed.



a. Using 1 towelette, wipe gently from front to back over the urethral opening. Discard the towelette in the toilet.



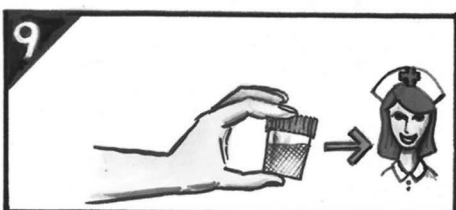
b. Using the second towelette, again wipe gently from front to back over the urethral opening. Discard the towelette in the toilet.



4. Keeping the labia parted, begin urinating into the toilet.



5. After the urine flow is well established (about 1-2 seconds), catch 1-2 ounces of urine into the container. Be sure to keep your fingers out of the urine specimen as bacteria from your fingers could contaminate the specimen.



6. Finish urinating into the toilet.

7. Place the cap on the container securely.

8. Wash your hands with soap and water.

9. Notify your health care provider you have finished collecting the specimen.