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| **How to Collect a Clean Catch Urine Specimen for Urine Culture** |
| 1. Wash your hands with soap and water.
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| 1. Open 2 towelettes and the screw-top container. Place them near the toilet so you can reach them. Avoid touching the inside of the cap or container.
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| **Females** | **Males** |
| 3. Sit on the toilet with your legs straddling the seat. | 3. Stand over the toilet or sit on the toilet with your legs straddling the seat. |
| 4. Part the labia with one hand. | 4. If you are not circumsized, retract the foreskin. |
| 5. Use 1 towelette to wipe gently from front to back over the urethral opening. Discard the towelette in the toilet. | 5. Use 1 towelette to wipe in a circular motion over the urethral opening. Discard the towelette in the toilet. |
| 6. Using the 2nd towelette, again wipe gently from front to back over the urethral opening. Discard the towelette in the toilet | 6. Using the 2nd towelette, again wipe in a circular motion over the urethral opening. Discard the towelette in the toilet. |
| 7. Keeping the labia parted, begin urinating into the toilet. | 7. Keeping the foreskin retracted, begin urinating into the toilet. |
| 1. Continue urinating and place the specimen container into the urine stream. Fill the container between 1/4 and 1/2 full.
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| 1. Finish urinating into the toilet.
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| 1. Screw the lid tightly on the container and wash your hands.
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| 1. Return the specimen to the health care provider.
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