



## URINE SPECIMEN: CLEAN CATCH – FEMALE

A clean catch urine specimen is collected to find out what kinds of bacteria (germs), if any, are in your child's urine.

Before your child urinates, you must clean around the urinary opening carefully. Careful cleaning will help prevent germs on the outside of your child's body from getting into the urine specimen. For your child to get the correct medical treatment, the test must show only the germs that are in the urine. You will need a clean-catch urine kit (collection packet) **or all of the following:**

- 1 small sterile container
- Label with child's name and date of birth, and collection date and time
- Liquid soap
- 2 clean washcloths
- 1 soap towelette package (3 towelettes)
- Towels
- Rubber gloves (optional)

### HOW TO COLLECT THE URINE SPECIMEN

1. Wash your hands. Put on the rubber gloves if desired. Have your child remove her underwear, then sit on the toilet.
2. Thoroughly wash between her legs with a washcloth and soapy water. Rinse well with the washcloth moistened with clean water. Dry gently with a towel.
3. Gently separate the folds over the urinary opening.
4. With the first towelette, wipe the right side of the urinary opening. Be sure to wipe front to back. Throw away the towelette.
5. With the second towelette, wipe the left side of the urinary opening. Be sure to wipe from front to back. Throw away the towelette.
6. With the third towelette, wipe the center area of the urinary opening. Be sure to wipe from front to back. Throw away the towelette.
7. Get the urine collection container. (Do not touch the inside of the container or the lid.)
8. Have your child start urinating into the toilet. Then hold the container under the stream of urine and collect at least 1 ounce of urine (30 mL). (See the lines marked on the side of the container.) Remove the cup from the stream of urine and let your child finish urinating into the toilet.
9. Put the cap on the container. Be sure the cap is tightly closed to prevent leaks. Wash the outside of the container. Remove the rubber gloves and wash your hands well.



**Picture 1** Collect the urine **after** your child has started to urinate.

## AFTER COLLECTING THE SPECIMEN

1. Label the container with your child's name, date of birth, and the date and time the urine was collected. Give the container to the nurse.
2. If the collection is done at home, **bring the specimen to the ChildLab Laboratory Service Center within 30 minutes** after collection. If you cannot bring the specimen within 30 minutes, keep it on ice or in the refrigerator but **do not freeze. The urine specimen must be kept cold until it is delivered to the hospital.**
3. Place the urine container in a cooler with ice when you bring it to the ChildLab Laboratory Service Center. Please bring your child with you when you bring the urine specimen to the laboratory. You may be asked to collect a fresh specimen in the clinic.
4. All urine specimens must be tested within 24 hours of collection.

If you have any questions, be sure to ask your doctor or nurse.

Please refer to the ChildLab Laboratory Service Center map, call 1-800-934-6575 or log onto [www.ChildLab.com](http://www.ChildLab.com) for directions.