Urinalysis and Urine Culture

COLLECTION

Urine should be collected in a sterile urine cup according to clean catch instructions.

For Urinalysis

- Label the tube with the patient’s name and date of birth.
- Refrigerate as soon as possible.

For Urine Culture

- Submit urine in original sterile urine collection container. Make sure lid is tightly secured.
- Label the tube with the patient’s name and date of birth.
- Refrigerate.

For both Urinalysis and Urine Culture

Send urine in both preservative tube and sterile container.

CLEAN-CATCH URINE COLLECTION INSTRUCTIONS

PeaceHealth Laboratories recommends patients use this clean-catch method to avoid contamination of the urine sample with bacteria that are normally present. Uncontaminated urine is required for accurate results.

1. Wash your hands thoroughly with soap and water.
2. Open the wrapper of one Castile Soap towelette, remove it from the package and unfold it.
3. Female
   Separate the skin folds around the urinary opening.

   Male
   Draw the foreskin back away from the urinary opening.

4. Using the towelette, wash the urinary opening and the surrounding areas, front to back, and discard the towelette into the wastebasket.

5. Urinate - IMPORTANT - Wait until the urine stream is well established before moving the empty container into the path of the stream. Catch the middle portion of your flow in the container.

6. Screw the cap securely onto the container without touching the inside rims.