Cleveland Clinic

Clean Catch (Midstream) Urine Specimen

For Female Genitalia

A clean catch (midstream) urine specimen is used to monitor or diagnose a medical condition. This method is used to collect a specimen that is free of bacteria normally found on the skin of your urinary area. If you are unable to provide a urine specimen, notify your care provider.

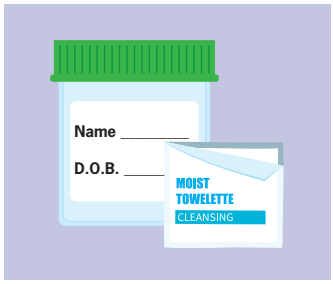
Supplies:

- Cleansing towelettes
- Urine specimen cup labeled with your name

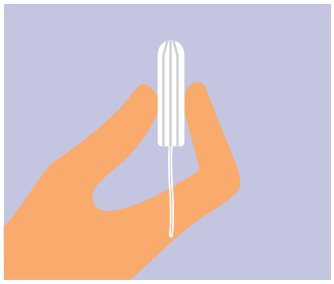
1. Wash your hands with soap and water.



2. Make sure the container is labeled with your name and date of birth.



3. If you are menstruating, insert a fresh tampon to stop the flow.



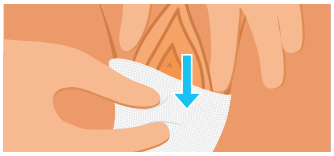
4. Open the urine specimen cup. Avoid touching the inside of the cup.



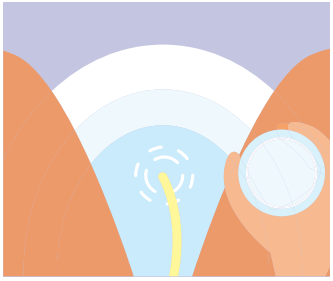
5. Open the towelette pack.



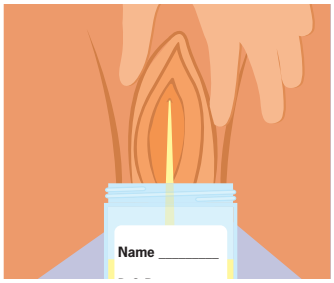
6. Separate the skin folds around the urinary tract opening. Wash the urinary tract opening and surrounding areas from **front to back**. Discard the towelette into the waste basket. Repeat two more times **with a new towelette**.



7. Urinate into the toilet for a few seconds.



8. Place the specimen cup into path of the urine stream. Fill the cup halfway with urine.



9. Tightly screw the cap on the urine specimen cup. Return the collected specimen to the designated area.

