**Procedure:**

Providing A “Clean Catch” Midstream Urine Specimen (*MALE*)

1. Wash hands with soap and water.
2. Pull back foreskin, if present.
3. Completely wash the glans penis (“head” of penis.) using a towelette provided.
4. Start to urinate directly into the toilet.
5. Stop and position the container, then begin urinating into the container. Do not touch the container to the genital area.
6. It is not necessary to fill the cup completely - half full is enough.

Providing A “Clean Catch” Midstream Urine Specimen (*FEMALE*)

1. Wash hands with soap and water.
2. Holding the labia apart, wash the entire area with a towelette provided, wipe from front to back.
3. Continue to spread the labia and start to urinate directly into the toilet.
4. Stop and position the container, then begin urinating into the container. Do not touch the container to the genital area.
5. It is not necessary to fill the cup completely - half full is enough.