



Instructions for Properly Collecting a Urine Sample

Instructions For Women

1. Remove all necessary garments and wash hands thoroughly with soap and warm water.
2. Separate the labia (folds of skin) around the urinary opening with one hand and wipe with the towelette (if provided) in a front-to-back motion. Discard the towelette.
3. Begin urinating into the toilet with the skin folds held apart. This clears the urethra of contaminants.
4. Without stopping flow, begin catching the stream of urine directly into the container. Urinate into the cup until it is at least half full.
5. Complete urinating into the toilet.
6. Place the lid on the container tightly, being sure not to touch the inside rim of the cup, and wipe excess urine from outside of the container.
7. Wash hands and place cup in door above toilet. Thank you!

Instructions For Men

1. Remove all necessary garments and wash hands thoroughly with soap and warm water.
2. If uncircumcised, pull the foreskin back throughout the entire collection procedure. Wipe with the towelette (if provided) in a single circular stroke from the urinary opening outward.
3. Begin urinating into the toilet. This clears the urethra of contaminants.
4. Without stopping flow, begin catching the stream of urine directly into the container. Urinate into the cup until it is at least half full.
5. Complete urinating into the toilet.
6. Place the lid on the container tightly, being sure not to touch the inside rim of the cup, and wipe excess urine from outside of the container.
7. Wash hands and place cup in door above toilet. Thank you!