



Biohealth Medical Laboratory

GiGi Plaza, Market & Nevis Streets
P.O. Box 1307, St. John's, Antigua W.I.
Tel: (268)562-3738 • Fax: (268)462-2657
www.biohealthlab.net • info@biohealthlab.net

Microbiology Culture: **Clean-Catch Midstream Urine Collection** **(Technique for Females)**

Note: An acceptable sample will be urine that has been held in the bladder for about 4 hours or greater.

Rejection Criteria – urine that has not been held within the bladder for the recommended time, unless otherwise notified by a doctor.

- (1). Remove underclothing then thoroughly wash and dry hands.
- (2). Unscrew the cap from the sterile container provided and place it upside down on a clean surface.
- (3). With one hand, spread and keep the labia (folds of the skin bordering the vagina) apart.
- (4). Taking the soap towelette provided, cleanse the area around the urinary opening from front to back.
- (5). Discard the used towelette and repeat step # 4 with a second soap towelette (discard after using).
- (6). With the labia still spread, hold the sterile container by the outer surface in the other hand.
- (7). Pass the first part of the urine into the toilet then catch approximately 60-90 mL (see markings on container) of urine into the sterile container in such a way that the container does not touch any part of the body.
- (8). Pass the rest of the urine into the toilet.
- (9). Recap the container by making sure that the lid is securely tightened.
- (10). Wash and dry hands thoroughly. Bring the urine specimen to the laboratory as soon as possible.