



Information for You from Your Health Care Team

Collecting a Clean Urine Specimen - Women

Please follow these steps to collect a clean urine specimen.

Doing so will help you avoid repeating the test.

1. Open three disposable wipes.
Place within easy reach.
2. Remove the lid from the specimen cup.
Place the lid and cup within easy reach.
The lid needs to be facing up.
Do not touch the inside of the lid.
3. Wash your hands for 15 seconds with soap and water.
Dry your hands with a clean towel.
4. Sit far back on the toilet. Spread legs apart.
5. Use one hand to separate your labia (or inner folds)
And continue to hold them open.
6. Use your other hand to take one of the wipes and
clean one side of the labia.

Clean from front to back. Discard wipe.

Use 2nd wipe to clean the other side of the labia. Discard wipe.
Clean the middle of labia with the last wipe. Discard wipe.
7. Pass a small amount of urine into the toilet.
8. Stop the flow of urine and hold the cup a
few inches from the urethra (or opening).
9. Urinate into the cup. Do not overflow cup. After
obtaining specimen continue voiding into toilet.
10. Place lid on the cup. Wash hands for 15 seconds.



Speak up any time if you have any questions or concerns
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Other instructions: