



Urine Collection Instructions

Please read all collection instructions thoroughly. A properly collected urine will help your healthcare provider determine what course of treatment will be most effective. If you have any questions, CPMC staff are happy to assist!

Male	Female
• Gather collection cup and unscrew. ○ Please do not touch the inside of the container. • If uncircumcised, retract foreskin and thoroughly wipe around the head of the penis with provided towelette. • Begin urination, allowing the first portion to flow into the toilet. • Start catching the urine, midstream, into the collection cup. • Fill the specimen cup about half – $\frac{3}{4}$ full if possible.	• Gather collection cup and unscrew. ○ Please do not touch the inside of the container. • Separate folds of urinary opening with thumb and forefinger and clean with provided towelettes. ○ Use a back-and-forth motion ○ Keep area separated through collection. • Begin urination, allowing the first portion to flow into the toilet. • Start catching the urine, midstream, into the collection cup. • Fill the specimen cup about half – $\frac{3}{4}$ full if possible.
Please secure the collection container with lid and wash your hands.	
CPMC Staff: Ensure specimen is properly labeled w/patient sticker, date and time of collection and your mnemonic/initials.	