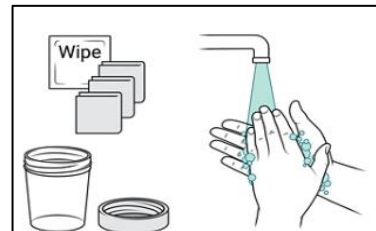


How to Collect a Clean Midstream Urine Sample

Step #1 Clean Yourself

1. Wash your hands well.
2. Unscrew the cap from the urine container labeled with your name and date of birth.



For Males:

- Use the first towelette to wipe the tip of the penis in one motion.
- Use the second towelette to wipe again. If uncircumcised, pull back the foreskin while cleaning.

For Females:

- Separate the skin folds around the urinary opening (labia).
- Use the first towelette to wipe from front to back along the inner folds.
- Use the second towelette to wipe down the center of the folds.

3. Dispose of used towelettes in the trash - do not flush them.

Step #2 Collect Urine

1. Males, hold back the foreskin. Females, separate the skin folds to prevent contamination.
2. Start urinating into the toilet.
3. After 2-3 seconds, pause and place the container to catch your urine.
4. Continue urinating until the container is half full.
5. Stop, remove the container, and finish urinating into the toilet.
6. Screw the cap on tightly.
7. Wash your hands well.