

Instructions for Clean Catch Urine Collection

This procedure can be used for collection of urine for routine urinalysis, bacteriologic examination or urine culture.

You will be collecting the midstream portion of urine, that is, you will cleanse the area as described, begin urinating into the toilet, then begin collecting urine into the sterilized container provided.

Females:

1. Wash hands thoroughly with soap and water. Rinse well and dry with a paper towel.
2. With one hand, spread the labia (skin folds around the urinary opening) apart. Cleanse the area with three (3) cleansing (antiseptic) towelettes. Keep this hand in place during the washing and urinating procedure.
3. The cleansing is accomplished by making a single front to back motion with each of the towelettes in sequence. One is used to cleanse the area on one side of the meatus, the next is used for the other side and the third directly across the meatus. Discard the used towelettes into the toilet bowl.
4. Begin urinating into the toilet bowl, making sure to keep the skin fold apart with the fingers.
5. Without stopping the stream, insert the container to collect the specimen. Do not allow the container to touch the legs or clothing. Keep fingers away from the rim and inner surface of the container.
6. Replace the lid tightly.
7. Label the specimen container (not the lid) with your name, date and time of collection. The specimen will be unable to be tested if it is unlabeled.

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Males:

1. Wash hands thoroughly with soap and water. Rinse well and dry with a paper towel.
2. Pull back the foreskin to completely expose the head of the penis.
3. Wash the head of the penis thoroughly using first one towelette and then the other.
Discard the used towelettes into the toilet bowl.
4. With the foreskin still retracted, begin urinating into the toilet bowl. Without stopping the stream, pass a sample into the container. Do not allow the container to touch the legs or clothing. Keep fingers away from the rim and inner surface of the container.
5. Replace the lid tightly.
6. Label the specimen container (not the lid) with your name, date and time of collection. The specimen will be unable to be tested if it is unlabeled.

Lakeland Outpatient Service Centers

Lakeland hopes that the following information will assist you in choosing a location for outpatient services. Outpatient services include: blood draws, drop off non-blood specimens (urine, stool), EKG's, urine drug screens and radiology testing. Patients may go to the location of their choice with a valid physician order.

Lakeland Center for Outpatient Services	
Address	3900 Hollywood Road St. Joseph, MI 49085
Phone Number	269.556.2800
Hours of Operation	Monday – Friday 6:00 a.m. to 7:00 p.m. & Saturday 7:00 a.m. to 1:00 p.m.
Lakeland Community Hospital, Niles	
Address	31 North St. Joseph Avenue Niles, MI 49120
Phone Number	269.683.5510
Hours of Operation	Monday – Friday 6:00 a.m. to 5:30 p.m. & Saturday 8:00 a.m. to 1:00 p.m.
Paw Paw Lake Medical Center	
Address	6559 Paw Paw Avenue Coloma, MI 49038
Phone Number	269.983.8311 or 800.513.9193
Hours of Operation	Monday – Friday 8:00 a.m. to 5:00 p.m.
Lakeland Laboratory, Cedarwood (No Radiology Services)	
Address	820 Lester Ave St. Joseph, MI 49085
Phone Number	269.983.8311 or 800.513.9193
Hours of Operation	Monday – Friday 8:00 a.m. to 4:30 p.m. Closed for lunch between the hours of 12:30 and 1:00 p.m.
Cass Family Clinic (No Radiology Services)	
Address	109 School Street Cassopolis, MI 49031
Phone Number	269.983.8311 or 800.513.9193
Hours of Operation	Monday – Friday 8:00 a.m. to 5:00 p.m.

Lakeland is pleased to offer the option to **schedule** your laboratory or radiology procedure(s) at both the Center for Outpatient Services location and the Lakeland Community Hospital, Niles location. Scheduled patients are registered prior to their arrival and seen at their scheduled time. **Call 269-556-2810 or 800-791-2810** to make an appointment.

For additional information, visit us online!

Laboratory: www.lakelandhealth.org/lab
Radiology: www.lakelandhealth.org/imaging