



PRIMARY CARE ASSOCIATES of Appleton, LTD

3916 N. Intertech Ct. Appleton, WI 54913 920-996-1000 www.primarycareofappleton.com

MID-STREAM CLEAN CATCH COLLECTION OF URINE

- Make sure collection container is labeled with your **full name** and **date of birth**.
- Wash hands with soap and water and dry them.
- Open the urine container and avoid touching the inside.

FOR MALES:

- Using both towelettes, clean the urethral opening and the area around it.

FOR FEMALES:

- Sit on the toilet and spread genital lips with one hand. Using a towelette, wipe the urethral opening and the area around it from front to back.
- Repeat using a second towelette.

- Begin urinating a small portion into the toilet.
- Fill the urine container with the mid-portion.
- Urinate the remaining into the toilet.
- Refrigerate specimen and return to the lab the same day as collected (Monday – Friday between 6:30 a.m. – 4:30 p.m.)

If you have any questions, please contact Primary Care Associates Lab at 996-1000.