

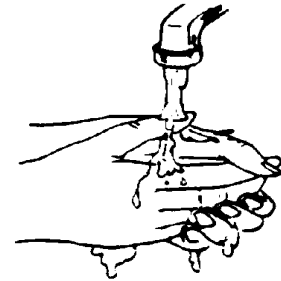


HEALTH FOR LIFE

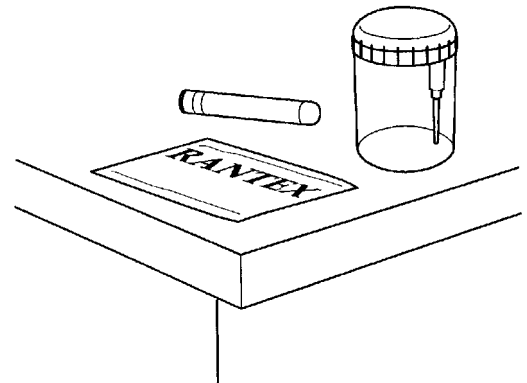
How To Get A Clean Catch Urine Sample (Male)

Your doctor wants your urine to be tested. The urine for this test must be collected as a clean catch urine sample. The best time to get a sample is when the urine has been in your bladder for several hours. When you first get up in the morning would be a good time. Please follow the steps below:

1. Wash your hands with soap and water. Rinse and dry your hands well.

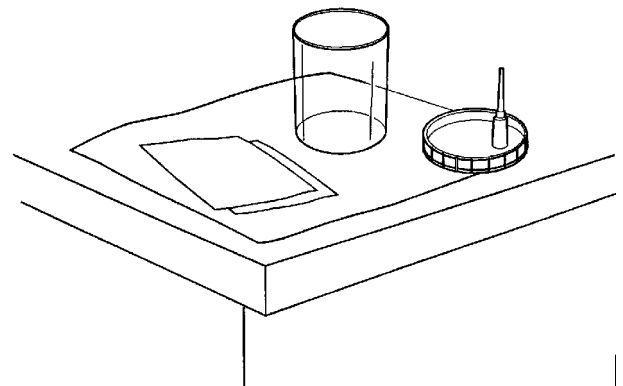


2. Get a urine sample kit. The kit has a cup with a lid, a packet of two wipes and a glass tube with a cap. The nurse may have taken the glass tube from your kit. If you have the tube, set it aside where it is not going to roll off and break.



3. Spread a clean paper or cloth towel out on a counter or surface you can reach from the toilet.
4. Open the wipes and place them on the towel.
5. **Do not remove** the sticker from the lid of the cup. There is a sharp point under it.

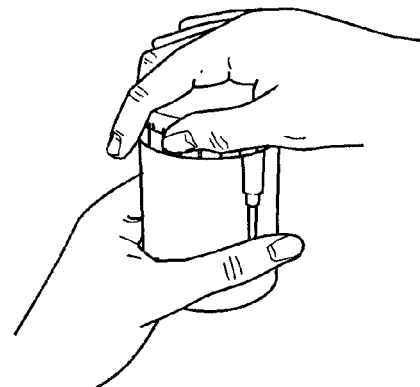
6. Take the lid off the cup. Put the lid flat side down next to the wipes. Do not touch the inside of the cup or lid.



7. Wash your entire penis with one wipe.
8. Pull back on the fold of skin around the tip of your penis.
9. Wash this area with another wipe.
10. Start to urinate a small amount into the toilet.

11. Urinate the rest of the urine into the cup. Do not touch the top edge of the cup.
12. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid. Wash your hands.
13. If you are in the hospital, call the nurse to take the fresh sample. Do not allow it to sit in the room.

If you are home, put the cup and the glass tube in a plastic bag. Put the sample in the refrigerator to keep it fresh. Take it with you when you have been told to go to the lab or doctor's office.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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