



## CLEAN CATCH URINE COLLECTION

**If your physician handed you a written order,  
please bring it to the lab.**

### **COLLECTION INSTRUCTIONS:**

1. Wash your hands.
2. Spread your genitalia (private area) apart. Use a towelette to clean private area, wiping from FRONT TO BACK. Repeat with second towelette. Use each towelette only once.
3. Discard used towelette in trash can. **Do not flush down toilet.**
4. Do not let the cup touch any part of your genitalia. Do not touch the inside of the cup or the lid.
5. Begin to urinate into the toilet. AFTER passing a small amount of urine into the toilet, collect urine in the cup.
6. When finished, secure the lid onto the cup and place the urine cup in the designated area.
7. Wash your hands thoroughly.

*Your physician will receive results of your testing. You may also view your results by logging into your MyOchsner account. If you do not receive your lab results within 10 days, please contact our office at (225) 201-2000.*