



Midstream ‘Clean Catch’ Urine Sample Home Collection Instructions for Patients

Your doctor has ordered a laboratory test, which requires you to collect a small sample of urine. Please follow these instructions to ensure accurate test results.

Planning the collection

Plan the collection so you can deliver the sample during the Specimen Collection Centre business hours, which are Monday to Friday, 7:30 am to 3:15 pm.

What is a midstream ‘Clean Catch’ urine collection?

The clean catch collection is a method for obtaining a urine sample that is free of most germs usually found on the skin of your urinary area.

- Clean skin (Male):** Wash hands thoroughly with soap and water. Clean the head of the penis with the provided wipe. If you are not circumcised, pull back (retract) the foreskin first. Discard the wipe in a wastebasket.
Clean skin (Female): Wash hands thoroughly with soap and water. Separate skin folds around the urinary opening. Using the provided wipe, clean around the urinary opening, wiping from front to back. Discard the wipe in a wastebasket.
- Collect ‘midstream clean catch’ urine:** The goal is to collect a sample halfway through the urination process. Urinate a small amount into toilet, and then stop. Continue urinating into the container. Pass any excess urine into the toilet.
- Close the container:** Close lid tightly and wipe the exterior of the container.
- Wash hands** with soap and water.
- Label the specimen container.**
 - Include your full name and date of birth
 - Indicate the collection date and time.
- Deliver the specimen container to the HGH Specimen Collection Centre during business hours.**
 - Bring the sample as soon as possible after the collection, or the next morning at the latest. Refrigerate the sample if you cannot deliver it immediately.
 - Register at the Information desk and include the test requisition provided by your doctor with the sample.
 - Proceed to the Specimen Collection Centre. Enter through Cardiology.

Address

Specimen Collection Centre
Block B, Level 1
Hawkesbury and District General Hospital
1111 Ghislain Street
Hawkesbury, Ontario K6A 3G5

Business Hours

Monday to Friday from 7:30 am to 3:15 pm
Closed on public holidays

Questions?

613-632-1111, extension 51201