



Standard Operating Procedures Clinical and *Translational Research Center*

Title:	Urine Collection, Clean Catch Mid-stream		
Approved By:	<i>Christina Wang MD</i>	Effective Date:	March 19, 2012
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Purpose

A urine test provides important information regarding the body's system function including glucose metabolism, kidney function and different hormone levels. The purpose of this SOP is to provide clear instructions on the proper collection of a clean-catch urine sample.

Clinical staff must follow all standard guidelines and universal precautions when working with bodily fluids. Use appropriate Personal Protective Equipment (PPE) such as gloves, eye protection, and coats or gowns to prevent exposure to potentially infectious bodily fluids such as urine.

Procedure

1. A clean-catch mid-stream urine sample can be collected at any time.
2. Wash your hands and collect a urine collection container, plastic bag, and an antiseptic wipe.
3. Introduce yourself, give the subject the supplies, and explain the clean-catch mid-stream urine collection procedure.
 - Go to bathroom.
 - Wash hands with soap and warm water and dry hands with paper towel.
 - If female, use the antiseptic wipe to cleanse the vaginal area from front to back prior to collecting the urine sample.
 - If male, use the antiseptic wipe to cleanse the penis tip in a circular motion

starting at the urethral opening before collecting the urine sample.

- Remove the lid from urine collection cup.
 - Void a small amount of urine into toilet and stop mid-stream.
 - Void urine into collection cup until at least half full.
 - Replace the lid of the urine collection cup. Make sure it is screwed on tightly.
 - Place urine collection cup into the plastic bag.
 - Wash hands with soap and warm water and dry hands.
 - Ask the subject to return the urine sample in the plastic bag after collection.
4. Remove the urine collection container from the plastic bag and label with the appropriate label. Write date and time of collection.
 5. Verify the subject's name and date of birth in the subject's presence before taking the urine sample to the lab.
 6. Log in the urine sample and place the urine collection cup in the refrigerator between 2° to 8°C.

References

Colon Cancer Screening Centre. (2008). CCSC standard operating procedure urine collection, processing & storage. Retrieved from <http://colonscreeningcentre.com/files/colonscreening/>

Nettina, S. M. (2001). *The lippincott manual of nursing practice* (7th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.