

INSTRUCTIONS FOR COLLECTING A MIDSTREAM CLEAN-CATCH URINE SPECIMEN AT HOME.

If you are told to bring in a urine sample, try to collect the first one in the morning. Use a jar and lid (snap or screw top) that have been washed in hot soapy water or put through the dishwasher. Please put your child's name on the container.

Wash off the genital area several times with cotton balls and warm water. Have your child start to urinate in the toilet and then place the clean container directly in line with the urine stream. Remove it after you have collected a few ounces, but before you are finished urinating. Finish urinating in the toilet. The first and last drops of urine that come out of the bladder may be contaminated with bacteria.

Keep the urine in the refrigerator until you bring it to the office for your visit.

THANK YOU FOR YOUR COOPERATION!

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