

# How to Get a Clean Urine Sample

## Girls

**Your child's doctor has requested a urine test. Please follow these simple steps.**

You will be given a kit with three small moist towels and a sterile plastic cup with a lid. If you do not want to use the small moist towels you may use small squares of gauze moistened with water and soap instead. Follow these steps to get a clean urine sample:

1. Wash your hands with warm water and soap. Dry your hands.
2. Clean one side of your meatus (the opening where your urine comes out) with the first small moist towel. Be sure to wipe only once from front to back. Throw the small moist towel away.
3. Clean the other side of your meatus. Be sure to wipe only once from front to back. Throw the small moist towel away.
4. Clean right across your meatus. Be sure to wipe only once from front to back. Throw the small moist towel away.
5. Open the plastic cup. Do not touch the inside of the cup or lid.
6. Start urinating. Let some urine go into the toilet. After some urine has already come out put the cup where it can catch some of your urine. Try not to let the cup touch your body.
7. Screw the lid onto the cup. Please wipe urine from the outside of the container.
8. Place urine cup in the plastic bag provided and seal.
9. Wash your hands again with warm water and soap.
10. Give your clean urine sample to a staff person in the Lab.

### To Learn More

If you have problems please call  
Your child's doctor:

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Doctor's phone number:

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