

# How to Get a Clean Urine Sample

## Boys

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

### To Learn More

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

\_\_\_\_\_  
Doctor's phone number:  
\_\_\_\_\_

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers  
206-987-2280 (TTY)

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 the end (glans) of your penis. If you have a foreskin, pull it back and then clean the end (glans) of your penis. Be sure to clean the opening where your urine comes out (meatus). Use all three of the small moist towels and then throw them away.
3. Open the plastic cup. Do not touch the inside of the cup or lid.
4. Start urinating. If you have a foreskin, keep pulling it back. 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.
5. Screw the lid onto the cup tight. Please wipe urine from the outside of the container.
6. Place urine cup in the plastic bag provided and seal.
7. Wash your hands again with warm water and soap.
8. Give your clean urine sample to a staff person in the Lab or place in the metal door located in the restroom.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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