

How to Get a Clean Urine Sample

Boys

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 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. 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.

To Learn More

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

Doctor's phone number:
