

Midstream Clean-Catch Specimen

As an alternative to a catheterized specimen, a mid-stream specimen provides a safer, less traumatic method for obtaining urine for bacterial culture and routine urinalysis. It provides a specimen that is less contaminated with epithelial cells and skin bacteria; therefore, more representative of the actual urine than the randomly voided specimen. Patients must be provided with appropriate cleansing materials, a sterile container and instructions for cleansing and voiding. Strong bacterial agents such as hexachlorophene or povidone-iodine should not be used as cleansing agents. Mild antiseptic towelettes are recommended.

Equipment

1. Sterile urine container
2. Cleansing towelette
3. Patient Label
4. Laboratory requisition or a valid order in the LIS

Procedure

Instruct the patient to wash their hands prior to beginning the collection.

Provide the patient with the sterile container and cleansing towelette. Male patients should be instructed to clean the glans beginning at the Urethra and withdrawing the foreskin, if necessary. Female patients should be instructed to separate the labia and clean the urinary meatus and surrounding area.

When cleansing is complete, patients are to void first into the toilet, collect an adequate amount of urine in the sterile container, and then finish voiding into the toilet. Care should be taken not to contaminate the specimen. Place the lid securely on the container.

Note: This document is required per CAP checklist question URN.22000.