Urine Culture Collection For Women

It is very important that you read the instructions below before beginning. If you have any questions, ask the nurse before you begin. Please follow the instructions carefully.

1. Wash your hands with soap and water and dry thoroughly.

2. Open the lid of the urine cup. Be careful not to touch the inside.

3. Clean the genital area.
   - (A) Sit over the toilet and use the fingers of one hand to separate and hold open the folds of the skin in your genital area.
   - (B) Clean the urinary opening and surrounding area with the gauze, wiping from front to back. Discard gauze into trash can - not in toilet.
   - (C) Repeat Step B two more times.

4. With the folds of skin still separated, pee a small amount of urine into toilet. STOP, then urinate into the cup. Fill cup half way.

5. Put lid on cup tightly.

6. Wash hands with soap and water.

7. If you were given a label, be sure to put the label on the cup. Give urine cup back to nurse.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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