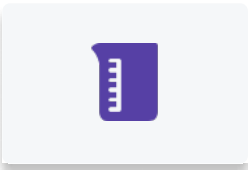
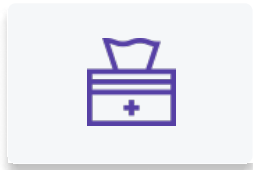


# URINE CLEAN CATCH COLLECTION PROCESS

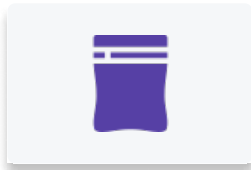
## Tools to be prepared:



1 clean, dry specimen container with screw-top waterproof lid



2 sterile wipes



1 zip-close plastic bag



1 large paper envelope

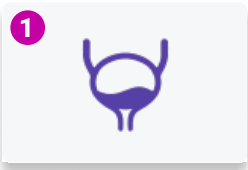


1 permanent marker



1 pen

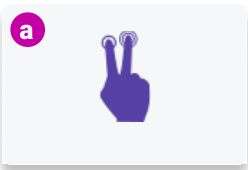
## DNA Sample Collection Steps:



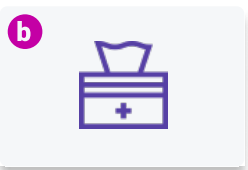
1 If possible, collect the sample when urine has been in your bladder for 2 to 3 hours



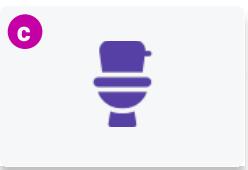
2 Wash your hands properly prior to taking a urine sample to avoid contamination.



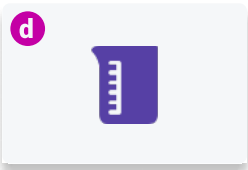
a Sit on the toilet with your legs spread apart. Use two fingers to spread open your labia.



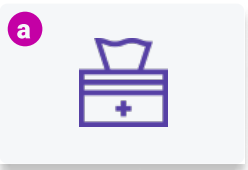
b Use the first wipe to clean the inner folds of the labia. Wipe from the front to the back.  
Use a second wipe to clean over the opening where urine comes out (urethra), just above the opening of the vagina.



c Keep your labia spread open, urinate a small amount into the toilet bowl, then stop the flow of urine.



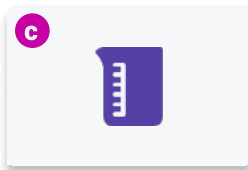
d Hold the urine cup a few inches (or a few centimeters) from the urethra and urinate until the cup is about half full



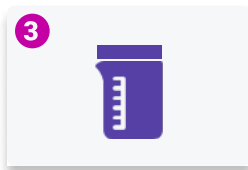
a Clean the head of the penis with a sterile wipe. If you are not circumcised, you will need to pull back (retract) the foreskin first.



b Urinate a small amount into the toilet bowl, and then stop the flow of urine.



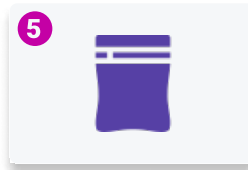
c Then collect a sample of urine into the clean or sterile cup, until it is half full.



3 Screw the lid tightly on the cup. Do not touch the inside of the cup or the lid.



4 With a permanent marker, write your specimen number and collection date on the cup.



5 Place the cup in a plastic bag



6 Place the plastic bag into the large envelope for shipping;  
Write down the selected nearby lab's address on the large envelope and ship it immediately. You DO NOT need to mention your name, address, or any personal information anywhere.

● Step for women

● Step for man