

PATIENT INSTRUCTIONS FOR COLLECTION OF CLEAN CATCH, MIDSTREAM RANDOM URINE SPECIMENS

Your physician has ordered a test that requires additional instructions. Please read these instructions thoroughly before you begin your collection. If you have any questions, please call one of the Banner Health Northern Colorado Outpatient facilities listed at the bottom of this page.

1. Wash hands thoroughly with soap and water for at least 10 seconds.
2. Open the enclosed sterile wipe.
3. Remove the lid from the container.
4. Use the sterile wipe to cleanse collection area:
 - A. **Males:** Pull foreskin back (if necessary). Rub in a circular motion starting at the opening and moving outward.
 - B. **Females:** With the index and middle fingers of one hand, hold layer of skin apart and rub from **front to back**.
5. Discard the wipe in the toilet.
6. Void a small amount of urine into the toilet.
7. Stop the stream of urine and position the container.
8. Resume voiding until container is about half full.
9. Finish voiding into the toilet.
10. Replace the lid tightly.
11. Label the container with your first name, last name, date of birth, date and time of collection.
12. After the collection is complete bring the specimen to the laboratory as soon as possible. **If transport is delayed >1 hour, please refrigerate.**

NOTE: The specimen cannot be contaminated with stool because this will greatly affect the results.

Greeley: Horizon Laboratory at Summit View Med. Commons 2001 70th Avenue Greeley, CO 80634 (970) 810-2542 Mon-Fri: 7:00 am-5 pm Saturday: 7:00 am-Noon	Loveland: Horizon Laboratory at Skyline Center for Health 2555 E. 13th Street, Suite 115 Loveland, CO 80537 (970) 820-6914 Mon-Fri: 7:00 am-5:00 pm Saturday: 7:00 am-Noon	McKee Medical Center Outpatient Laboratory 2000 Boise Ave Loveland, CO, 80538 (970) 820-4133 Mon-Fri 7:00 am -6:00 pm	Windsor: Horizon Laboratory at Banner Health Clinic-Windsor 1300 Main Street Windsor, CO 80550 (970) 810-3120 Mon-Fri 7:30 am-4:30 pm (Closed: 12:30 pm – 1:30 pm)
North Colorado Medical Center Outpatient Laboratory 1801 16 th St. Greeley, CO 80631 (970) 810-6410 Mon-Fri 7:00 am -6:00 pm	Horizon Laboratory at Banner Health Clinic-Aspen 2923 Ginnala Drive Loveland, CO 80538 (970) 820-4739 Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm-1:30 pm)	Fort Collins: Horizon Laboratory at Banner Health Center-Drake 702 W. Drake Road, Bldg A Ft. Collins, CO 80526 (970) 821-4696 Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm.-1:30 pm)	Sterling: Horizon Laboratory at Banner Health Clinic-Sterling 102 Hayes Ave Sterling, CO 80751 (970) 526-5393 Mon-Fri 7:00 am-4:00 pm (Closed 12:00 pm – 1:00 pm)
	Horizon Laboratory at Banner Health Center-SW 1230 SW 14th Street Loveland, CO 80537 (970) 820-3981 Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm-1:30 pm)	Horizon Laboratory at Banner Fort Collins Medical Center 4700 Lady Moon Drive Ft. Collins, CO 80528 (970) 821-4347 Mon-Fri: 7:00 am-5:00 pm Saturday: 7:00 am-Noon	