

# Patient Information

## Collecting a Clean Catch Urine Specimen

Children's Services



## Introduction

You have been asked to collect a clean catch urine sample from your child. The purpose of this leaflet is to instruct you on how to get a “clean catch” urine sample.

## What is a clean catch sample?

The sample is required for urinalysis or further investigation, for example; detection of bacteria. For this reason it is important to avoid contamination of the urine sample such as from skin contact. This is called a “clean catch” sample.

## Urine Collection

Please try to collect the urine sample a couple of hours before attending clinic unless you have received other instructions by the doctor.

If the urine sample has been collected more than four hours before attending clinic, please store in the fridge at 4-8°C between collection and your hospital visit.

## When to collect a sample

Good times to catch a sample are:

- When your child has had a bottle
- When you are changing a nappy
- Bath time

## Before you start to collect the sample

### Boys

Make sure the head of the penis is wiped clean with lukewarm water.

### Girls

Wipe between the labia with lukewarm water and rinse well.

## How to collect a sample

If your child is potty trained you may want to place the provided sterile bowl into a potty and collect the urine in this. Please then transfer the urine from the bowl into the sterile container.

An older child may be able to urinate directly into the container.

The first urine when your child begins to urinate may be contaminated with bacteria from the skin and should preferably not be collected.

A 'mid-stream' sample is best which means waiting until after your child has begun urinating and then catching some urine in the container whilst in 'full flow'.

Only a small amount of urine is required.

## How to avoid contamination of the sample

To avoid contamination of the sample, please:

- Do not let your child touch the sample or the container
- Do not let the sample come into contact with your child's skin
- Do not touch the rim of the container yourself

## Further information

NHS 111

☎ 111

or Contact your GP

NHS website - [www.nhs.uk](http://www.nhs.uk)

## Useful Telephone Numbers

Bluebell Ward, Lister Hospital  
Stevenage

☎ 01438 284008

Children's Emergency Department  
Lister Hospital

☎ 01438 284333

Urgent Care Centre, New QEII  
Welwyn Garden City

☎ 01707 247549

Community Children's Nursing Team

☎ 01438 288370