

 <p>Connecticut Valley Hospital Nursing Policy and Procedure</p>	<p>SECTION D: PSYCHOLOGICAL ADAPTATION CHAPTER 17: PHYSIOLOGICAL NURSING CARE</p> <p>POLICY AND PROCEDURE 17.5.2 Midstream Clean Catch Urine Specimen</p>
<p>Authorization: Nursing Executive Committee</p>	<p>Date Effective: May 1, 2018 Scope: Registered Nurses and Licensed Practical Nurses</p>

Standard of Practice:

A nurse will ensure that the proper technique is instituted when collecting a clean catch urine to avoid unnecessary contamination.

Standard of Care:

The patient can expect to receive instruction and assistance as required, prior to the initiation of the midstream clean catch urine specimen collection. The teaching will include the proper cleaning and technique required in obtaining a clean catch midstream urine.

Policy:

A midstream collection is the preferred method to obtain a urine culture.

Procedure:

1. Gather equipment required :Specimen container, 3 castile towelettes and gloves (can be obtained from Clinical Lab Partners)
2. Instruct patient to perform hand hygiene.
3. Tell patient not to touch the inside of the cup or the cap. Take the cap off and place so the inside of cap is facing up.
4. Give the patient **three** Castile towelettes.
5. Have the patient cleanse themselves with the towelettes, see below:
6. Place labeled sample along with completed lab slip in issued secured plastic bag. Place sample in Lab refrigerator (do not refrigerate for more than 24 hours). Call lab to alert that the sample is ready for pick-up.

Women:

- A. After performing hand hygiene, spread the labia (folds of skin) apart with one hand and wipe inner fold from front to back. Discard towelette and repeat procedure with second and third Castile towelette.
- B. Continue holding the labia apart, begin to pass a small amount of urine into the toilet, this clears the urethra of contaminates.
- C. Without stopping flow, collect urine in the cup, the cup only needs to be half full.
- D. Finish voiding in the toilet.
- E. Screw the cap on tightly making sure not to touch the inside of the cup or cap.

Men:

- A. After performing hand hygiene wipe the head of the penis with the towelette, discard towelette and repeat procedure with second and third Castile towelette. If patient is uncircumcised, retract foreskin prior to cleansing the area.
- B. Begin by passing a small amount of urine into the toilet, this clears the urethra of contaminates.
- C. Without stopping flow, collect urine in the cup. The cup only needs to be half full.
- D. Finish voiding in the toilet.
- E. Screw the cap on tightly making sure not to touch the inside of the cup or cap.

- 5. Remind patient to wash their hands after collecting specimen.