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# Patient Instruction: Clean Catch “MidStream” Urinalysis

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## What are patient instructions?

Patient instructions are written toward helping explain the proper way in collecting laboratory specimens. If followed correctly, you are ensuring your test results will be accurate and reliable. They are instructions to be followed before, during and after the collection process. This is a vital step in the outcome of your laboratory results.

## Contacts:

If you have any questions before, during or after the collection, feel free to contact the following:

Nekoosa Clinic Laboratory  
Monday-Friday; 8 a.m. to 5 p.m.  
(715) 886-2140

Lakes Clinic Laboratory  
Monday-Friday; 8:30 a.m. to 5 p.m.  
(715) 325-8340

Wisconsin Rapids Clinic Lab Area  
Monday-Friday; 8 a.m. to 5 p.m.  
(715) 422-7767

Riverview Hospital - Main Laboratory  
Monday-Friday; 7 a.m. to 7 p.m.  
Saturday-Sunday; 8 a.m. to 3 p.m.  
(715) 421-7433

## Instructions:

Your doctor has ordered a clean catch “midstream” urine collection.

- 1) Be sure to pick up a urine collection container and cleansing towelette from the lab.
- 2) Wash your hands thoroughly with soap and water before starting the collection.
- 3) Cleanse your genital area with the cleansing towelette using the following procedure:

**MALES:** (If you are uncircumcised, draw back the foreskin.) Clean the tip of your penis using the cleansing towelette, beginning at the tip moving towards the base.

**FEMALES:** Squat over the toilet and use your fingers of one hand to separate and hold open the folds of skin in your genital area. Clean the urinary opening and surrounding area with a cleansing towelette (provided), moving from front to back.

- 4) Begin urinating into the toilet. After the urine has flowed 2-3 seconds, **STOP** urinating, and **START** collecting into the urine container. When the container is half full, **STOP** urinating into the container. Place the screw top lid on the container and firmly tighten the lid.

## Specimen Delivery:

Keep the specimen at refrigeration temperature after collection and drop off at the clinic or lab location as soon as possible as specified. Refer to the contact information for hours of operation.

## Handwashing:

It is very important to ensure proper handwashing is achieved after the collection process. Wash hands for 3-5 minutes with soap and water, rinse thoroughly.

## Identification:

Be sure the specimen container is labeled with your name, date of birth, date of collection, and time of collection.

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## Our Commitment

We are committed to help and assist you in every possible way. This is done by providing the most accurate and precise patient instructions. We hope your experience will be positive.

If you feel we can improve these instructions, please call or email the Clinic Laboratory Supervisor directly at any time. We value your input in making our services better.

Riverview Family Clinic  
Laboratory Supervisor  
(715) 886-2141

Email: [hawmic@rhahealthcare.org](mailto:hawmic@rhahealthcare.org)

### Lab Appointment Needed:

Please call ahead and schedule your lab appointment if you need lab work done or dropping off your specimen.

**Nekoosa Clinic**  
(715) 886-2100

**Lakes Clinic**  
(715) 325-8300

**Wisconsin Rapids Clinic**  
(715) 421-7474

*Thank You*

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## Riverview Family Clinic

### Nekoosa Clinic

Nekoosa Medical Center  
1015 Angelus Drive  
Nekoosa, WI 54457  
715-886-2100

### Lakes Clinic

Lakes Area Medical Center  
1160 Rome Center Drive  
Nekoosa, WI 54457  
715-325-8300

### Wisconsin Rapids Clinic

Riverview Medical Center  
410 Dewey Street  
Wisconsin Rapids, WI 54494  
715-421-7474

### Web Site:

[www.riverviewclinic.net](http://www.riverviewclinic.net)

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## Clinical Laboratory Patient Instructions

