

# How to collect a urine sample through my indwelling catheter



1. At home, before coming to the hospital, clamp urine catheter tubing at least 8 cm (3 inches) below needleless sampling port.
2. Leave clamp in place for 15 minutes or until an adequate amount of urine collects in tubing.
  - For urine culture, 3-5 mL of urine is sufficient.
  - 10-20 mL is needed for urinalysis



3. Wash your hands.
4. Vigorously scrub needleless sampling port with an antiseptic wipe, included in your kit, for at least 15 seconds and let dry.



5. Remove syringe, included in your kit, from sterile packaging and connect tip of syringe directly to needleless sampling port.
6. Slowly pull back syringe plunger to withdraw urine and obtain adequate amount of urine based on lab volume requirements.



7. Inject collected urine into sterile specimen container without contaminating specimen.
8. Secure lid on specimen container.
9. **Unclamp tubing clamp from your urine catheter.**
10. Confirm catheter tubing does not have kinks, and urine is flowing freely via gravity into collection bag.
11. Place specimen in a biohazard bag, wash your hands and hand over to the lab technician.