



TARGET

Keep Antibiotics Working



How to collect a clean catch urine sample

For babies and young children

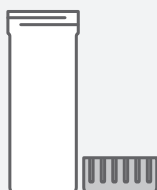
Clean catch method

1



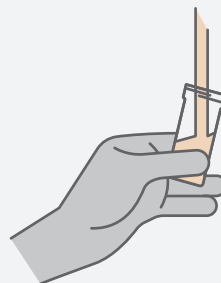
Wash your hands with soap and water before and after collecting the sample.

2



Remove the lid of the container and place it on a clean surface with the inside facing up.

3



For toilet-trained children, position yourself so you can collect some urine (pee) in the container while the child is peeing. Try to avoid the first few drops and collect the urine midstream. Fill the container with as much urine as possible without it overflowing, or to the marked line if there is one.

4



Many babies and toddlers will pee shortly after drinking or feeding. You can try collecting a sample during nappy-free time in the hour after a feed.

- Have the container ready and remove the child's nappy. Clean and dry their genitals.
- Lay the child on a washable cloth or pad and watch them closely.
- When they start to pee, hold the container away from their skin and collect some urine.

5



Gently rubbing the suprapubic area (the lowest part of the tummy, in the middle) with cold, damp gauze or cotton wool may encourage the child to pee.

6



Once you have collected the sample, put the lid on the container straight away and tighten it securely.

7



Do not use pads, cotton wool, gauze or any other materials to collect urine, as they can affect the test results.

General points

- **Clean and dry the child's genitals** before collecting the sample.
- **Always wash your hands** with soap and water before and after collecting any urine sample.
- **Do not open the sterile container** until you are ready to collect the sample.
- **Avoid touching the inside of the container**, and avoid letting the child's genitals touch any part of it.
- **Label the container before collecting the sample** if your healthcare professional has asked you to.

Tips for returning a urine sample

✓ **Return the sample quickly**

Take it to your healthcare provider as soon as possible – ideally within two hours.

✓ **Keep it cool**

If you cannot deliver the sample quickly, put it in a plastic bag and store it in the fridge until you can do so.

✓ **Check drop-off times**

Ask when the latest drop-off time is, so the sample can reach the lab the same day.

✓ **Using special sterile containers**

Some containers have a preservative powder and a marked fill line. Try to fill to the line, but if you can't, just collect as much urine as you can.

Summary information

What is a clean-catch urine sample?

A clean-catch sample is urine collected straight into a container without it touching skin, genitals or any surfaces.

Why do I need to take a clean-catch sample?

This method helps stop germs from outside the body getting into the urine, giving more accurate test results.

Can I use a jar or container from home?

You should use the container your healthcare professional has given you to collect the sample.

Does it matter when I collect the sample?

Try to collect the sample as close to your appointment as possible to get the best quality sample. Try to take the sample before the child takes antibiotics.

For more information, scan here or visit:

[www.rcgp.org.uk/
urine-sample-leaflets](http://www.rcgp.org.uk/urine-sample-leaflets)

