

Clean Void Urine Specimen: Girls

Why does my child need to collect a clean void urine specimen?

Your child's doctor has asked for this specimen. Everyone has bacteria on their skin. A clean void is done to keep skin bacteria from getting into the urine. If skin bacteria gets into the urine, the test results will not be accurate.

How do I collect the urine?

The best specimen to collect is the first urine in the morning.

Gather the supplies:

- A sterile collection cup. Ask how full the cup should be to get the amount needed for the specimen.
- 3 cleansing towelettes.



When your child feels ready to urinate (pee), follow these steps:

1. Wash your hands with soap and water.
2. Take the cap off the collection cup. **Do not touch the inside of the cap.** Put the cap on a clean paper towel or surface. The inside of the cap should be facing up.
3. Have your child sit on the toilet. Some girls may find it easier to sit backwards on the toilet with one leg on each side. This is called a straddle position.
4. Clean your child's skin. Your child should not urinate (pee) until the skin is clean.
 - a. Open the 3 cleansing towelettes. You will use each towelette one time only.
 - b. Spread the labia (vaginal lips) apart. You must hold the labia apart until the specimen is collected.
 - c. Use the first towelette to wipe the left side of the vaginal area from front to back. **Wipe one time only.** Do not go back over the area again with the towelette. Throw the towelette away.
 - d. Use the second towelette to wipe the right side of the vaginal area from front to back. **Wipe one time only.** Do not go back over the area again with the towelette. Throw the towelette away.
 - e. Use the third towelette to wipe the center of the vaginal area from front to back. **Wipe one time only.** Do not go back over the area again with the towelette. Throw the towelette away.

How to collect a clean void urine specimen (continued)

5. When the cleaning is done, ask your child to urinate (pee). Put the collection cup where you can catch the urine. Do not let the cup touch your child's skin.
6. When the urine is collected, remove the cup. Your child can finish urinating.
7. Put the cap tightly on the collection cup and wipe the outside of it.
8. Wash your hands with soap and water.
9. Write your child's name and the date & time on the cup.
10. If you are at the lab, give the specimen to the staff person. If you are at home, put the cup into a plastic bag and put it in the refrigerator. Bring it to the lab within 8 hours.
11. If you are not able to collect a specimen, tell the lab staff. Your child's doctor may ask that the specimen be collected a different way.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.