

Collectin a Clean Catch Urine Sample

Royal Devon and Exeter   
NHS Foundation Trust

# Patient Information

Information for parents

## Collecting a Clean Catch Urine Sample

This information can be offered in other formats on request, including a language other than English and Braille.

**RD&E main switchboard: 01392 411611**

**For RD&E services log on to:  
[www.rdehospital.nhs.uk](http://www.rdehospital.nhs.uk)**

Smoking and second-hand smoke causes harm to patients and staff, and is not allowed on any Trust sites.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

© Royal Devon and Exeter NHS Foundation Trust  
Designed by Graphics (Print & Design), RD&E

**Reference Number: CW 12 003 001**  
(version date: June 2012)

## Introduction

You have been asked to collect a **urine** (wee) sample from your child. This may be because your child is unwell and we are trying to look for wee infections. In other cases we may be looking for viruses (such as CMV in babies with hearing loss), metabolic conditions or signs of kidney disease.

## Collecting the sample...

This can be a **challenge** but getting the right sample is key to getting the right care for your child. The ideal sample is a **clean catch** taken into a sterile (especially clean) container provided and then poured into a sterile lab bottle provided for you without touching the sample. (If your child has repeated urine infections, having a spare collection pot to keep at home is helpful so you can collect the sample in the comfort of your own home and seek medical help already with the evidence!)

Firstly you need to **clean** your child's perineum (area around where the urine comes out) to get rid of any bugs on the skin, if possible after a big drink/feed. Cover your lap with a towel to keep your trousers clean! Sit the child on your lap with the pot firmly in place covering the area that the wee exits - you then need to **wait** patiently! A helpful family member/ TV/book/food to distract your child at this point will help this to be a calm procedure. Your **patience** will be rewarded in the vast majority of cases and will save you and your doctor much time in the long run.

An older child can perform a **mid stream urine** – this needs again a clean perineum. Ask the child to start to pee and letting the first part of the stream go into the toilet. You then put the pot into the urine stream to collect and avoid collecting the very end of the stream – this avoids collecting the bugs around the area rather than those in the bladder which is what we are after.

If these approaches are not successful then there are other options available such as pads to put in the nappy. These are much more prone to error which is why we want to encourage the above first please – **ask** staff for advice if unsure.

## What to do now?

Now celebrate your achievement! And **thank you** for helping us with your child's care. Please hand the sample to staff and make sure they have your child's details. If sending via the GP please make sure the sample is labelled with your child's name, is as fresh as possible (keep in the fridge if any delay) and that it has a form with the details of why the test is being done – ask your GP if you are not sure.