

# ***Instructions for Clean Catch Urine Collection***

This procedure can be used for collection of urine for routine urinalysis, bacteriologic examination or urine culture.

You will be collecting the midstream portion of urine, that is, you will cleanse the area as described, begin urinating into the toilet, then begin collecting urine into the sterilized container provided.

## **Males:**

1. Wash hands thoroughly with soap and water. Rinse well and dry with a paper towel.
2. Pull back the foreskin to completely expose the head of the penis.
3. Wash the head of the penis thoroughly using first one towelette and then the other.  
Discard the used towelettes into the toilet bowl.
4. With the foreskin still retracted, begin urinating into the toilet bowl. Without stopping the stream, pass a sample into the container. Do not allow the container to touch the legs or clothing. Keep fingers away from the rim and inner surface of the container.
5. Replace the lid tightly.
6. Label the specimen container (not the lid) with your name, date and time of collection. The specimen will be unable to be tested if it is unlabeled.

## ***Lakeland Outpatient Service Centers***

Lakeland hopes that the following information will assist you in choosing a location for outpatient services. Outpatient services include: blood draws, drop off non-blood specimens (urine, stool), EKG's, urine drug screens and radiology testing. Patients may go to the location of their choice with a valid physician order.

<b>Lakeland Center for Outpatient Services</b>	
<b>Address</b>	3900 Hollywood Road St. Joseph, MI 49085
<b>Phone Number</b>	269.556.2800
<b>Hours of Operation</b>	Monday – Friday 6:00 a.m. to 7:00 p.m. & Saturday 7:00 a.m. to 1:00 p.m.
<b>Lakeland Community Hospital, Niles</b>	
<b>Address</b>	31 North St. Joseph Avenue Niles, MI 49120
<b>Phone Number</b>	269.683.5510
<b>Hours of Operation</b>	Monday – Friday 6:00 a.m. to 5:30 p.m. & Saturday 8:00 a.m. to 1:00 p.m.
<b>Paw Paw Lake Medical Center</b>	
<b>Address</b>	6559 Paw Paw Avenue Coloma, MI 49038
<b>Phone Number</b>	269.983.8311 or 800.513.9193
<b>Hours of Operation</b>	Monday – Friday 8:00 a.m. to 5:00 p.m.
<b>Lakeland Laboratory, Cedarwood <i>(No Radiology Services)</i></b>	
<b>Address</b>	820 Lester Ave St. Joseph, MI 49085
<b>Phone Number</b>	269.983.8311 or 800.513.9193
<b>Hours of Operation</b>	Monday – Friday 8:00 a.m. to 4:30 p.m. Closed for lunch between the hours of 12:30 and 1:00 p.m.
<b>Cass Family Clinic <i>(No Radiology Services)</i></b>	
<b>Address</b>	109 School Street Cassopolis, MI 49031
<b>Phone Number</b>	269.983.8311 or 800.513.9193
<b>Hours of Operation</b>	Monday – Friday 8:00 a.m. to 5:00 p.m.

Lakeland is pleased to offer the option to **schedule** your laboratory or radiology procedure(s) at both the Center for Outpatient Services location and the Lakeland Community Hospital, Niles location. Scheduled patients are registered prior to their arrival and seen at their scheduled time. **Call 269-556-2810 or 800-791-2810** to make an appointment.

For additional information, visit us online!

Laboratory: [www.lakelandhealth.org/lab](http://www.lakelandhealth.org/lab)  
Radiology: [www.lakelandhealth.org/imaging](http://www.lakelandhealth.org/imaging)