

 Tarangnan Community Hospital Clinical Laboratory • Clinical Microscopy	Document No.: WI-CM-001-A-V0	CONTROLLED COPY Do not copy or remove
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Applies to: Medical Technologists, Phlebotomists, Nursing Staff Effective date: MM-DD-YYYY Supersedes: None		

CLEAN-CATCH MIDSTREAM URINE COLLECTION & STABILITY CARD

Patient Instruction and Specimen Acceptance / Preservation Protocol • Applies to: Medical Technologists, Phlebotomists, Nursing Staff

1

PATIENT PREPARATION **Verify Patient ID & Explain Procedure:** Verify 2 identifiers (Full Name, DOB). Explain midstream clean-catch principles in clear language (Waray-Waray / English). Instruct patient to wash hands thoroughly with soap and clean water. SOP-CM-001 §5.2.1

2

PERIURETHRAL CLEANSING **Perform Careful Periurethral Cleansing:**

- *Female:* Spread labia, cleanse front-to-back using clean water/antiseptic wipes; discard wipes. Keep labia parted during voiding.
- *Male:* Retract foreskin if uncircumcised, cleanse glans penis thoroughly from meatus outward. SOP-CM-001 §5.2.1

3

MIDSTREAM VOID **Discard Initial Stream & Collect Midstream:** Allow first stream of urine to flow into toilet (clears urethral commensal bacteria). Pass sterile specimen cup into stream without stopping urine flow; collect **12 to 30 mL** of urine (minimum 12 mL for adults; 3–5 mL for pediatric). Discard remaining urine into toilet. SOP-CM-001 §5.2.1

🕒 12–30 mL

4

SEAL & LABEL **Seal Container & Label in Patient's Presence:** Tighten screw cap securely to prevent leakage. Label container (not lid) immediately with: Full Name, Hospital/Bed No., Date, and Exact Collection Time. SOP-CM-001 §5.2.1

5

STOP / TIME LIMIT **Prompt Laboratory Delivery & Temperature Management:** Unpreserved urine must be delivered and analyzed within **1 to 2 hours** of collection. If analysis is delayed > 2 hours, store refrigerated immediately at **2 to 8 °C** (valid up to 6 hours maximum). SOP-CM-001 §5.2.2

🕒 ≤ 2 hours

6

MEDICAL TECHNOLOGIST **Equilibrate Before Analysis:** Remove refrigerated urine and allow to stand at room temperature (18 to 25 °C) for 15 to 20 minutes before dipstick or microscopic testing. Cold urine inhibits reagent pad enzymatic reactions, causing false negatives. Mix gently by 5 inversions. SOP-CM-001 §5.2.2

🕒 15–20 min

SPECIMEN REJECTION CRITERIA (SOP 5.2.4)	
Condition	Action
Unlabeled / Mismatched ID	Reject; request immediate recollection
Leaking or unsealed container	Reject; biohazard & contamination risk
Fecal / toilet tissue contamination	Reject; instruct patient & recollect
Insufficient volume (< 12 mL adult)	Reject; request additional void
Unpreserved at room temp > 2 hours	Reject; cells lyse & bacteria overgrow
Active menstrual bleeding	Reject unless approved by physician

DEGRADATION IN DELAYED URINE (> 2H AMBIENT)	
Parameter	Change Mechanism
Glucose	Bacteria multiply and consume glucose (false neg)
pH	Urease bacteria split urea to ammonia (↑ pH > 8)
RBCs & Casts	Rapid lysis in alkaline / dilute urine
Bilirubin / Urob	Photo-oxidation to biliverdin / urobilin (↓)
Turbidity	Amorphous urates / phosphates precipitate
Bacteria / Nitrite	Bacteria proliferate; false positive nitrite

Prepared by: Chief Medical Technologist / Laboratory Quality Manager	Reviewed by: Pathologist / Head of Laboratory	Approved by: Hospital Director
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