

All skill guidelines are adapted from *Fundamentals of Nursing* (9th Ed.) Potter and Perry (2017).

Maternal Health Competencies - Urine Collection

Midstream (Clean-Voided) Specimen - Urinalysis &/or Urine Culture

Collection can be performed by the RN or by the patient self-collecting with instructions from below

1. Explain procedure to patient
2. Perform hand hygiene prior to engaging with patient
3. Have patient verbally state two acceptable identifiers:
 - a. Name (First and Last)
 - b. Date of Birth (DOB)
4. Review provider or standing order
5. Provide privacy for patient
6. Prepare sterile specimen container
7. Don clean gloves, assist patient to toilet or onto bedpan
8. Spread labia with thumb and forefinger of nondominant hand
9. Clean area with towelette, moving from front (above urethral orifice) to back (toward anus). Using a fresh towelette, repeat front-to-back motion x3 (begin with left side, then right side, then center)
10. While continuing to hold labia apart, have patient initiate urine stream into sterile specimen container and collect 30 to 60 mL
11. Remove specimen container before flow or urine stops and before releasing labia
12. Replace cap securely on specimen container
13. Clean any urine from exterior surface of container. Label container per agency policy
14. Attach laboratory requisition to specimen bag
15. Doff gloves into appropriate biohazard receptacle
16. Perform hand hygiene
17. Document specimen collection in the patient's record
18. Facilitate specimen being processed per agency policy

Straight Catheter - Sterile sample

Collection performed by the RN

1. Explain procedure to patient
2. Perform hand hygiene prior to engaging with patient
3. Have patient verbally state two acceptable identifiers:
 - a. Name (First and Last)
 - b. Date of Birth (DOB)
4. Review provider or standing order

5. Don clean gloves, place an absorbent exam sheet under patient's buttocks
6. Provide peri care as needed
7. Position patient supine with knees flexed, feet 2 feet apart and hips slightly rotated
8. Doff gloves
9. Open sterile kit/catheter on a clean, flat surface that is in close proximity to exam tableside
10. Don sterile gloves
11. Slide sterile drape (shiny side down) under buttocks without contaminating gloves
12. Apply fenestrated drape
13. Open antiseptic swabs
Order of this varies depending upon manufacturer
14. Lubricate catheter tip 1-2 inches
15. Separate patient's labia minora with non-dominant hand
16. Using sterile forceps picks up 1 cotton ball (swab) at a time
17. Cleanse each side of labia minora and the last swab directly over the meatus; use a top-to-bottom stroke x1 and discard swab
18. With sterile hand pick up lubricated catheter approximately 3 inches from tip ensuring that the catheter end is in close proximity to urine catch container
19. Request patient to bear down, gently insert catheter 2-3 inches or until urine flows
20. Keep catheter in place until urine ceases to flow or bladder seems to be empty
21. Communicate with patient that catheter removal will take place, withdraw catheter
22. Set sample aside
23. Doff gloves into appropriate biohazard receptacle
24. Don a clean pair of gloves to transfer specimen into appropriate container(s) for laboratory examination
25. Doff gloves and dispose of supplies
26. Position and cover patient appropriately
27. Perform hand hygiene
28. Document assessment including amount expelled if indicated in patient's record
29. Don clean gloves for specimen transport to laboratory or pick up with appropriate labeling and paperwork for processing

Reviewed 03/2019

Revised 03/2019