

Patient Instructions for Collection of Urine-24 hour

You must collect all of your urine for a full 24 hours. This is important for correct test results.

If you accidentally miss collecting or spill, some urine during the testing period, you must start the collection over again. Do not use the same bottle. Get a new bottle from the laboratory.

If the bottle has a liquid in it when you get it, be careful when opening and closing the bottle. Read any warning labels on the bottle. If you do not understand the warning label, ask the laboratory staff to explain before you leave. If this liquid does spill on your skin, rinse with lots of water.

Keep the container refrigerated throughout the collection period.

1. Obtain a 24 hour urine bottle from the laboratory
2. Label the bottle with your name, first and last, your date of birth, your height and weight and collection date and time.
3. Start the collection when you get up in the morning. Possibly 7:00 a.m. You will stop collecting at the same time the next day.
4. Discard that first morning urine in the toilet.
5. Mark this time on the bottle.
6. Use a clean plastic container to collect your urine then pour it in to the large bottle. DO NOT void directly into 24hr urine bottle.
7. Collect all urine from this point for the next 24 hours including the first morning urine the next day.
8. Write time the collection ended on the bottle label.
9. Tighten the lid securely. Ensure it is threaded correctly.
10. Make sure the following information is on the label of the bottle
 - Collection date and times
 - Full name
 - Date of Birth
 - Height
 - Weight
11. Take the sample to the Laboratory within 2 hours.
12. If you need another bottle you must contact the laboratory during working hours
13. A blood sample may need to be collected when you return the container.

If the collection is not completed, or the test is canceled, bring the bottle back to the laboratory.