



PATIENT INSTRUCTION: 24-HOUR URINE COLLECTION

IMPORTANT NOTE: Some of the 24-hour urine containers have preservatives added, which may be harmful if there is contact with skin. Affected areas should be washed immediately with running water. Seek medical advice if any redness or discomfort occurs.

Example: if you commence your 24hours urine at 8am in the morning empty your bladder and discard the first urine you collected, then collect all urine within a 24hr period, until 8am next day. Please keep the bottle refrigerated until you deliver the specimen to the collection centre

INFORMATION

1. Please ensure the container is labelled with your surname, first name, date of birth, gender and start/finish dates and times.
2. At the time you wish to commence the test, empty your bladder into the toilet (this specimen is NOT to be collected into 24-hour urine bottle). Record on the 24- hour urine bottle the time _____ and date _____ you passed this urine. This is the starting time of the test.
3. Collect all urine after this time into the small container given to you and carefully transfer all the urine into the large 24-hour urine bottle. **Do not overfill the bottle**, please replace the lid tightly and transport the urine in the plastic bag provided to avoid spillage of the contents.
4. At the end of the 24-hour collection period, at the time _____ and the date _____ this is completed time.