



Medihealth Pathology

Helping you with Health

PATIENT INSTRUCTION- Timed Overnight Urine Collection/Microalbumin

1. Ensure the container is labelled with your surname, first name, date of birth, gender, time and date of collection.
2. Up till 10pm discard urine into toilet, after 10pm collect all urine samples into the bottle.
3. If you need to pass urine during the night, this should be collected in full and placed in the container.
4. Stop collection at 6am the next morning, empty your bladder completely, collecting all the urine passed and place it in the container, making sure to record the time and date of your last sample.
5. Return sample to nearest collection centre as soon as possible, please ensure that all details are filled prior to drop off.