

## **24 HOUR URINE COLLECTION**

Obtain the urine container/s from your pathology collection centre.

### **Please note**

- Some 24 hour urine collections require a diet to be followed prior to collection. Your doctor or pathology collection centre will inform you if this is required and provide you with the diet instructions.
- Some tests require 3 consecutive 24 hour urine collections. You can deliver all 3 collections together.
- During the collection, containers may be stored refrigerated.

### **Caution**

- Some containers have additives necessary for the test. Be careful to avoid skin contact.
- Do not discard the additive as it is needed to give accurate results.
- If you spill any on your skin or clothes wash immediately with water. If you become unwell seek medical attention.
- If the bottle has leaked please return it to a collection centre for disposal and collect a fresh container
- It is important that you collect all urine you pass during the entire 24 hour period.

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### **Instructions**

1. Write your full name and date of birth on the container
2. When you are ready to begin your 24 hour urine collection go to the toilet and empty your bladder (**DO NOT KEEP THIS URINE SAMPLE**).
3. This is the starting time of your collection. Make a note of this date and time on the label of the container provided.
4. Every time you then pass urine over the next 24 hours, collect the urine into the specimen container. You may do this by using a larger container (e.g. an ice cream container washed in hot soapy water and rinsed well) and decant into the bottle provided
5. Continue to collect urine during the next 24 hours up to and including the same time you started the collection.
6. At the end of the 24 hour period, empty you bladder completely and **INCLUDE THIS URINE IN THE COLLECTION**.
7. This is the finish time of your urine collection. Make a note of this date and time on the label of the container provided
8. Secure the lid.
9. Return the container to the pathology collection centre (with a referral form).

### **Please note:**

- Make sure you have labelled all the containers with your full name, your date of birth, the start and finish date and time of your collection/s.
- Should you require extra collection bottles, contact your nearest collection centre.