

8-HOUR URINE COLLECTION - Timed Overnight Urine

Obtain the urine container from your pathology collection centre.

Please note

- If you have been given a form requesting collection details please fill in the details as indicated on the form

Instructions

1. Write your full name and date of birth on the container and collection detail form
2. When you are ready to begin your timed overnight urine collection go to the toilet and empty your bladder (you do not need to keep this urine sample). This is the start time of your collection. Make a note of the date and time on the label on the container provided and on the collection detail form
3. If you need to pass urine during the night 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 container provided
4. When you wake up in the morning empty your bladder completely and **INCLUDE THIS URINE IN THE COLLECTION**. This is the finish time of your urine collection. Make a note of the date and this time on the label on the container provided and on the collection detail form
5. Secure the lid.
6. Return the container to your doctor or to the pathology collection centre (with a referral form).

Note:

The specimen can be refrigerated if there is any delay