

PATIENT INFORMATION SHEET

24 HOUR URINE COLLECTION

The 24 hour urine specimen is all the urine produced by the body in a 24hr (1 day) period. It must be collected completely and timed accurately to ensure an accurate result.

You will be provided with an orange 24 hour urine bottle.

- **Day 1:** Upon waking, void your first morning urine into the toilet.
- Write **date & time** on urine bottle label. This is your **start time**.
- For the next 24 hours, void all urine into a clean collection vessel (ie: clean plastic container or plastic cup) and immediately transfer urine into the specimen bottle provided by the Laboratory.

CAUTION! This bottle may contain a corrosive preservative. Handle with care! DO NOT VOID DIRECTLY INTO THE BOTTLE. Use the plastic cup then transfer carefully into the bottle.

- **Day 2 :** Upon waking, void all urine from your bladder into a clean container and immediately transfer into the specimen bottle provided by the laboratory. Secure the lid tightly.
- Write **date & time** on urine bottle label. This is your **end time**.

The 24 hour collection is now complete. Return specimen to the Laboratory on **Day 2** after collection is completed.

NOTE:

- Refrigerate specimen during collection period.
- Keep bottle in upright position at all times.
- Do not fill past 3000 ml mark. Arrange to pick up another jug if needed.
- KEEP OUT OF REACH OF CHILDREN.

If you have any questions or concerns, please contact the Laboratory.
For the results of your test, please contact your doctor.

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