

24-HOUR URINE COLLECTION: INSTRUCTIONS FOR PATIENTS

Your urine collection kit contains:

- These instructions
- A labelled orange urine collection container
- A plastic cup to catch your urine

CAUTION:

1. Keep out of reach of children.
2. The container may contain preservatives. Do **NOT** remove the preservative from the container.
3. Keep the container upright to prevent spillage.
4. Urine should not be voided directly into container.
5. In the event of contact with preservatives, wash the affected body parts under running water and call your doctor for further advice.

What is a 24-hour urine collection?

A 24-hour urine collection is a simple diagnostic procedure to measure components of urine. This involves collecting all the urine produced in one 24-hour period in a specially provided container.

Before collection of urine

- Plan your 24-hour collection on a day off or the weekend if you are not able or comfortable to do it at work. But, if you go out, remember to take your collection container with you.
- Aim to collect every drop of your urine during the specified 24-hour period.
- If you miss a collection, you should abandon the entire collection and start again on another day, using a fresh collection container.
- Females should avoid collection during a menstrual period.
- For some tests there are dietary and drug restrictions. If in doubt, check with your doctor.
- Do not stop any of your medications unless you have first discussed it with your doctor.
- You may drink as much fluid as you normally would over the course of the collection.

Collection of urine

1. Begin at the usual time you wake.
2. Pass your urine. Do not collect this urine. Flush it down the toilet and note the exact time.

3. The collection of urine will start from this time. Please note both the date and time on the collection container label, where it states, 'Start date' and 'Time'.

Start date: _____ Time: _____
Stop date: _____ Time: _____

4. Use the plastic cup provided to catch all the urine you pass each time you urinate for the next 24 hours. Pour the urine into the collection container after each time you urinate. Rinse the plastic cup with tap water after each use.
5. Keep the collection container cool, closed, and protected from light between each time you pass urine.
6. The time you pass the last urine specimen should not vary by more than five or ten minutes from the time of starting the collection on the previous day. This is the end of the collection.
7. The collection container should be delivered to your clinician as soon as conveniently possible after completing the collection.
8. Before you hand over your collection container, please check that your name, date of birth, identification number, and start and finish dates and times are on the specimen. Please also remember to include the request form, if any, with your collection container.

NOTE: Your clinician may want more than one urine test done. If the tests need different preservatives, you will need to collect urine in separate 24-hour time periods.