

Patient Instructions For Collection of 24-Hour Urine Specimens

Your physician has requested that you collect your urine for testing as part of your medical care. The information your doctor gets from these samples is only as accurate as the collection procedure. It is therefore important that you collect your urine as outlined below. Your local lab will provide collection containers. **Read all the instructions prior to starting the collection.**

PRECAUTIONS

- Always collect urine in the collection hat provided and transfer to container provided by lab. Collection in any other container will result in rejecting the specimen and would require a new collection in an approved container.
- **If your container has an added preservative, the lab will inform you. In this case it is important that you do NOT void directly in to the collection container.** Keep the container in an UPRIGHT position so it does not spill. Keep out of reach of children.
- Your physician may want more than one urine test done. If the tests need different preservatives or different time frames, you will need to do two separate collections. Lab will provide you with 2 containers.
- FEMALES – If possible, do not collect urine specimens while menstruating.

READ THE COLLECTION INSTRUCTIONS COMPLETELY PRIOR TO COMMENCING COLLECTION

- 1. On Day 1:** You must begin all 24-hour urine collections with an empty bladder. When you get up in the morning, go to the bathroom and pass your urine into the toilet.
- 2.** After you empty your bladder, write down the date and time on your collection container and in the 'Collection Start Date/Time' spaces on the requisition provided by the lab or clinic.
- 3.** For the next 24 hours, collect all urine throughout the day and night. Urinate into the collection hat provided. **Carefully** pour this urine into the collection container. Collection hat can be rinsed with **water only**. **Store the container refrigerated during the collection period.** If not possible store in a cool place (do not freeze).
- 4. It is important that you do not spill or miss any collections.** If one sample is thrown out by mistake and not added to the bottle, the collection must be started over. Contact the lab/clinic to receive a new container. Swirl the 24-hour collection container gently after the addition of urine from each void.
- 5. On Day 2:** Exactly 24 hours after you started the test, urinate one last time (attempt to void even if you do not have the urge to void) and empty your bladder. Transfer the urine to your collection container **(Securely tighten the container lid)**. **This completes your urine collection.** Discard the collection hat.
- 7.** Write down the end date and time of your collection on your collection container and in the "Collection End" spaces on the requisition provided by the lab or clinic.
- 8.** Place the container in the provided plastic bag. Seal the bag and attach the requisition to the outside of the bag. Keep urine container refrigerated until delivered to laboratory.
- 9.** Return the 24 hour urine specimen to the laboratory preferably as soon as possible and no later than 8 hours from the end of collection, with the completed requisition. Verify the lab hours for drop off prior to collection.

REMINDERS TO PATIENTS

Make sure the requisition and the 24 hour urine container are labeled correctly with your first name, last name, and provincial PHIN as well as the collection start and end dates and times.

Please return Sample and Requisition to:

Shared Health Lab _____

Laboratory Hours for specimen drop off _____

Lab Contact # _____