



PATIENT INSTRUCTIONS FOR 24 HOUR URINE COLLECTION

1. At the time you wish to commence the test empty your bladder into the toilet (this specimen is not to be collected into 24 hour urine bottle). Record on the 24 hour urine bottle the time and date you passed **this** urine. **This is the starting time of the test.**
2. Collect all urine after this time into the small container given to you and carefully transfer all the specimen into the large 24 hour urine bottle. Do not overfill the 24 hour urine bottle, fill only to within 3 cms of the lid. If you are at all concerned that you may fill more than one 24 hour urine bottle, please request a 2nd bottle from our collection staff. Please replace the lid tightly and transport the urine in the plastic bag provided to avoid spillage of the contents.
3. At the end of the 24 hour collection period, i.e. exactly 24 hours after starting the test, empty your bladder and add the specimen to the 24 hour container as in step 2. Record on the 24 hour urine bottle the time and date you passed this urine. **This is the finishing time of the test.**
4. The large bottle should be kept in the refrigerator or an esky with an ice brick (**unless instructed otherwise**), and delivered to the collection centre as soon as possible.
5. **Warning: Some of the 24 hour urine containers have preservatives added, which may be harmful if there is contact with skin. Affected areas should be washed immediately with running water. Seek medical advice if any redness or discomfort occurs.**
6. If a special diet is required for your particular test, make sure you strictly adhere to it.

EXAMPLE:

If you commence your collection at 9.00am on Monday, empty your bladder and discard this specimen. All urine passed over the next 24 hours is placed in the bottle. At 9.00am on Tuesday, make sure you empty your bladder and put this specimen into the bottle.

Barratt & Smith Pathology

31 Lawson Street, Penrith • NSW 2750 • Australia
Tel (02) 4734 6500 • Fax (02) 4732 2503
Mail Address • PO Box 443 • Penrith • NSW 2751 • Australia

Douglass Hanly Moir Pathology

14 Giffnock Avenue • Macquarie Park • NSW 2113 • Australia
Tel 9855 5222 • Fax 9878 5077
Mail Address • Locked Bag 145 • Macquarie Park • NSW 1670 • Australia