



TIMED OVERNIGHT URINE COLLECTION

1. Ensure the container is labelled with your surname, first name, date of birth, gender, time and date of collection. Record on the container provided, the time and date you passed this urine. **This is the starting time of the test.**
2. Empty bladder into toilet just before going to bed. (Note: this specimen is **not** to be collected into urine container).
3. If you need to pass urine during the night, this should be collected in full and placed in the container.
4. In the morning, empty your bladder completely, collecting all of the urine passed and place it in the container.
5. Record the time and date you passed this urine on the container. **This is the finishing time of the test.**
6. Specimen should be returned to the collection centre or doctor's surgery as soon as possible.
7. Before handing to collection centre, ensure the container is labelled with your surname, first name, date of birth, gender and start/finish dates and times.