



24-HOUR URINE COLLECTION

1. Ensure the container is labelled with your surname, first name, date of birth, gender and start/finish dates and times.
2. 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.**
3. Collect all urine after this time into the small container given to you and carefully transfer all the urine into the large 24-hour urine bottle. Do not overfill the bottle; fill only to within 3 cm of the lid. If you are at all concerned that you may fill more than one 24-hour urine bottle, please request a second 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.
4. 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.**
5. **EXAMPLE:** If you commence your collection at 9.00 am on Monday, empty your bladder and **discard** this specimen. **All** urine passed over the next 24 hours is placed in the bottle. At 9.00 am on Tuesday, make sure you empty your bladder and put this specimen **into** the bottle.
6. The large bottle should be kept refrigerated (**unless instructed otherwise**), and returned to the collection centre as soon as possible.
7. **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.**
8. If a special diet is required for your particular test, make sure you strictly adhere to it.
9. Your correct height and weight will need to be recorded by the collection staff when you deliver the urine bottle to the collection centre.