

Patient Instructions

Collection of 24-Hour Urine Sample

Please read all instructions before collecting your urine. These steps must be followed carefully as test results are based on the amount of tested substance excreted in your urine in a 24-hour period.

**** See Day 1 and Day 2 Full instructions below**

Collection Instructions:

- **Do not** remove any liquid preservative that may be inside the 24-hour urine container.
- If you are menstruating, wait until you have stopped menstruating before collecting your urine.
- **Do not** urinate directly into the 24-hour urine container as the bottle may have a corrosive preservative added that could splash on you and cause a burn. Collect urine in another clean, dry container. Immediately after each collection, carefully pour all the urine into the 24-hour urine container provided. After each sample is added, tighten the lid securely and gently mix the contents of the container. If the preservative inside the container comes in contact with skin, wash with plenty of water. Be aware of warnings on the outside of the container.
- Keep the urine container in a cool place (e.g. refrigerator) during the collection period until you return it to the lab/clinic.
- Before a bowel movement, empty your bladder first and add that urine to the 24-hour urine container. This will avoid loss of urine.
- 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.
- If you think you might fill the container before the 24-hour collection is finished, obtain a second container from the lab/clinic.
- Be sure the container is **labelled with your name and date of birth.**

Day 1:

1. First thing in the morning, completely empty your bladder into the toilet. **This first morning urine is discarded (not collected)** since it is urine that was produced and stored in the bladder prior to your start time. Record the exact time and date of this discarded urination as your **START** time on the container and the requisition form.
2. Begin collecting urine the **next time** you urinate. This will allow urine produced since your start time to be collected.
3. Collect all urine samples for the next 24 hours.

Day 2:

1. The last urine sample is collected **exactly 24 hours** after your start time.
 - If you need to urinate one hour before the finish time, drink a full glass of water so that you can urinate again at the finish time.
 - If you need to urinate 20 minutes before the final collection time, try to hold the urine until the finish time.
 - Write the time and date as your **FINISH** time on the container and the requisition form.
2. Try to collect urine at the finish time even if you do not feel the urge to urinate. If you cannot produce any urine, write the time and date of this last attempted urination as the **FINISH** time.
3. Tighten the lid firmly and bring the container and requisition form to the lab/clinic as soon as possible.

EXAMPLE:

<p><u>START TIME 7:00 AM</u> Discard (do not collect) first morning urine and record this time as the START time.</p>		
<p><u>NEXT URINATION</u> Collect this and subsequent urine samples. Add urine to the container immediately after collection.</p>		
<p><u>FINISH TIME 7:00 AM</u> Collect urine at exactly 24-hours after start time. Record this time as the FINISH time.</p>		

Please ask questions if you are uncertain about any step in the procedure.