



## Patient Information

### Instructions on how to perform a 24-hour urine collection

This leaflet provides information on how to collect urine for 24 hours. To ensure accurate results on your sample it is important that the urine is collected according to these instructions.

Keep the bottle you have been given upright at all times, with the cap on when not in use. After putting urine in the bottle, put the cap on and gently swirl the contents.

### Collection procedure

1. In the morning when you get up, pass urine into the toilet as usual to empty your bladder, and flush it away. Do NOT put this specimen in the bottle.
2. Now write the time down on the bottle label. This is the START time of the collection.
3. After that, every drop of urine you pass for the next 24 hours (day and night) must go into the bottle. NO urine must be passed into the toilet. If you need to open your bowels, empty your bladder into the bottle first.
4. Exactly 24 hours after starting the collection, pass urine into the bottle to empty the bladder. Even if you do not feel the need, you must try.
5. Now write the time down on the bottle label. This is the END time of the collection and should be the same as the START time.
6. Keep the bottle in a cool place, but NOT in the fridge.
7. Return the bottle to Pathology Reception the next day.