

# 24 HOUR URINE COLLECTION IN A PLAIN CONTAINER



PHONE: 09 574 7399

## **PATIENT INSTRUCTIONS**

### **Important - Specimen labeling and delivery:**

1. Ensure full first and last names and date of birth (dd/mm/yy) are clearly written on the 24 hour urine container label
2. Ensure date and time of collection is written on the request form and 24 hour urine container label
3. Take the specimen to a Labtests Collection Centre as soon after collection as possible

### **24 Hour urine containers:**

You have been provided with a 24 hour urine container and urine punnets to collect a 24 hour urine sample.

### **Procedure:**

1. Start the urine collect early in the morning and record the date and time on the 24 hour urine container label.
2. Completely empty bladder at this time and DISCARD the urine.
3. During the next 24 hours, collect ALL urine passed into the clean urine punnet and transfer into the 24 hour urine container.
4. Exactly 24 hours after the start time, empty your bladder, collect the urine and transfer to the 24 hour urine container.
5. Record the completion date and time on the 24 hour urine container label.
6. If more than one 24 hour urine container is used, label the bottles 1 and 2.
7. Store the 24 hour urine collect in a cool place.

**For further information, please call Labtests 09 574 7399  
or contact your Doctor**