

### How to Collect a 24 Hour Urine Specimen

**CAUTION:** The bottle may contain a preservative in the form of a liquid/powder which may burn your skin. **DO NOT** remove the preservative from the bottle. Keep the bottle upright so it does not spill. Urinate (pee) into a clean dry plastic container and transfer the urine to the collection bottle. Do not splash when pouring urine into the bottle.



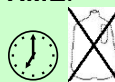
**KEEP OUT OF THE REACH OF CHILDREN. IF LIQUID IN BOTTLE IS SPLASHED OR SPILLED, WASH SPILL IMMEDIATELY WITH WATER.**

**IMPORTANT:** TO ENSURE ACCURATE TEST RESULTS, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

- Throw out your first morning urine sample. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the **START TIME**.
- Begin collecting urine samples in the bottle the **next** time you urinate (pee). Urinate into a clean dry plastic container and transfer the urine to the bottle.
- Save all the urine from each time you urinate for the complete 24 hour period. **Store in fridge.**
- Collect the **last** urine sample exactly 24 hours after your **START TIME**. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time and date on the collection bottle label. This is the **FINISH TIME**.
- If you try to urinate at the **FINISH TIME** but cannot produce any urine, this is still an acceptable 24 hour urine sample. Write this as the finish time on the label.

**EXAMPLE:**

**First Sample** = 7:00 a.m. → throw out  
Write time and date on label beside **START TIME**.



**Second Sample** → Collect and pour entire urine sample into the bottle given to you by the laboratory.



Continue collecting and saving **all** urine samples for the complete 24 hour period.

**Last Sample** = Next day at 7:00 a.m. → this is the last urine sample. Collect and pour into the bottle. Write the time and date on the label beside **FINISH TIME**.



- Put the bottle in a plastic bag and keep in a cool dark place (example: refrigerator) during the time you are collecting until you bring it to the laboratory.
- Clearly label the bottle with your **NAME** and **Provincial Health Card Number** (as they appear on your Health Card) and the **START** and **FINISH** date and times.
- Promptly bring the bottle and requisition to the laboratory. Hand both of them to one of the laboratory staff; do not just leave them on the counter.

**NOTE:** If one of the urine samples is thrown out by mistake and not added to the bottle, the test must be started over.