

24 Hour Urine Collection



Patient Information - Biochemistry

You will need a bottle to collect urine into. Suitable (2 litre) containers can be obtained from the laboratory. Please ask for two bottles if you think that one will not be enough.

1. Write your name, date of birth and start time on the collection bottle.
2. Start the collection when you get up in the morning by **DISCARDING** the first urine passed. **DO NOT PUT THIS URINE INTO THE BOTTLE.**
3. **NOTE the time** – this is start time.
4. Collect **ALL** urine passed during the next 24 hours (You can use a plastic container e.g. ice cream container to collect it and tip into bottle).

If you need to empty your bowels, pass and collect the urine first so you do not lose it.

The next morning at the same time as you got up the previous day, empty your bladder (even if you do not feel the need to) and add this urine to the bottle. It is important to collect **ALL** urine over this time.

The 24 hour collection is then complete, please note that this will be your **finish time**. Please write this time on the bottle.

If all the urine will not fit into the bottle, put the remainder into any other clean bottle e.g. an empty two litre plastic milk bottle.

5. Deliver the complete specimen, and request form, to the laboratory on the same day. Refrigerate if there is any delay.

Note:

If you miss a collection of urine in the 24-hour period you will need to start again. Please obtain a new collection container from your general practice or lab.

Acid Collections

It is important for **some** tests to have acid added to the urine. If your bottle contains acid, it will be clearly marked. Keep the bottle upright. Do not void urine directly into the container, void into another clean container and transfer the urine into the 24 hour container.

For a full list of the Christchurch collection centres and their opening hours please visit www.chl.co.nz or contact **0800 THE LAB (0800 843522)**

Ashburton: CHLabs, Ashburton Hospital, Elizabeth Street, Ashburton, **Phone: 03 307 8456**