

24 Hour Urine Collection

Please Follow These Instructions Carefully

24 Hour Urine Collection

WARNING: An acid preservative may have been added into the collection bottle. If this is the case, the bottle should be marked ACID. This preservative may be harmful if spilt or splashed onto yourself. If you do spill some acid, wash the affected area with copious amounts of water. If ACID is marked on the bottle:

- a. Do not urinate directly into the container
- b. Wash any splashes or spills with copious amounts of water
- c. Keep the container away from children and pets.

All urine for a 24 hour period must be collected into the supplied container. You may begin at any time which is suitable for you but you must be able to complete the collection exactly 24 hours later.

1. At a suitable time, empty your bladder into the toilet. Record this date and time on the label of the container [No. 2]. This is the start time.
2. Using boiling water, wash out a plastic ice-cream container (or similar).
3. Pass urine into the ice-cream container.
4. Transfer all urine passed into the supplied container for the next 24 hours.
5. Exactly 24 hours from the start time, empty your bladder into the container and write this date and time on the label of the container [No. 4].
6. The container should be kept in a cool place during the test and when it is complete.
7. Return the container to the collection centre as soon as possible.