

## Split 24 Hour Urine Collection

*Please Follow These Instructions Carefully*

### Split 24 Hour Urine Collection

Two urine containers will have been supplied to you. Choose a 24 hour period which is suitable for you.

#### **Container 1**

1. Prior to going to bed, empty your bladder into the toilet. Record this date and time on the label of container 1 [No.2]. This is the start time.
2. Collect all urine passed during the night into container 1.
3. In the morning, empty your bladder into container 1 and write this date and time on the label of container 1 [No.4].

#### **Container 2**

1. After emptying your bladder in the morning into container 1, record this date and time onto the label of container 2 [No.2]. This is the start time for container 2.
2. Collect all urine passed during the day into container 2.
3. At the same time as going to bed the previous evening, empty your bladder into container 2 and record this date and time on the label of container 2 [No.4]. This completes the test.
4. Return both containers to the collection centre as soon as possible.

#### Helpful Hint:

- Using boiling water, wash out a plastic ice-cream container (or similar).
- Pass urine into this container then transfer to the supplied container.