



Westman Regional Laboratory

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Patient Instructions for Collection of 24 hour Urine Specimens

References:

- NCLLS-Urinalysis and Collection, Transportation, and Preservation of Urine Specimens: Approved Guideline – Second Edition GP16-A2
- Calgary Lab Services, How to Collect a 24-Hour Urine Specimen: www.calgarylabservices.com

July 2007

INTRODUCTION

Your physician has requested that you collect urine for testing as part of your care. The information your doctor gets from these samples is only as accurate as the collection procedure. It is important that you collect the urine as outline below.

PRECAUTIONS

- Always collect urine in collection hat provided.
- **Caustic chemicals** may be added as a preservative to some 24-hour collection containers.
 - Caution must be used while emptying urine from collection hat into container.
 - Do not inhale fumes that may come from mixing urine and chemicals.
 - If skin comes in contact with contents of container, immediately wash with plenty of cool water.
 - **In case of emergency, call the BRHC Emergency department at 578-4166.**

COLLECTION

1. You must begin all 24-hour urine collections with an empty bladder. Start with the first morning void. Empty your bladder and discard the urine.
2. After you empty your bladder, write the date and time on your storage container and in the “Start Date/Time” spaces on the next page.
3. For the next 24 hours, collect all urine throughout the day and night. Urinate into the collection hat provided. **Carefully** pour this urine into the collection bottle.
4. **It is important that you do not spill or miss any collections.** Swirl the 24-hour collection container gently after the addition of urine from each void.
5. Exactly 24 hours after you started the test, urinate one last time and place the urine in your storage bottle. *This completes your test.*
6. Write the date and time the test ended on your storage container and in the “End Date/Time” spaces on the next page.
7. Discard the collection hat. Securely tighten the lid.
8. Place the container and the requisition back into the biohazard bag provided.
9. Return the specimen back to the Westman Laboratory Outpatient Centre within 8 hours from end of collection.

SPECIMEN COLLECTION TIMES

Collection Start:

Date: _____ (dd/mm/yyyy)

Time: _____ (00:00)

Collection End:

Date: _____ (dd/mm/yyyy)

Time: _____ (00:00)

Lab Use Only

Transfer patient information from requisitions:

Patient Name: _____

PHIN: _____

DOB (dd/mm/yy): _____

Facility: _____

Physician: _____

Tests requested: _____