

Patient Information Sheet

24 Hour Urine Specimen Collection Instructions

1. Start the collection by going to the toilet so you have no urine left. Flush the toilet. This is the start time of the collection even though there is no urine in the bottle. Please note this time on the bottle (time/date of collection).
2. Label the bottle with your
 - Surname
 - Date of birth
 - Given name
 - Time and date of collection
3. Collect all urine into the large bottle for the next 24 hours, using the cup provided.
4. Keep the bottle cool during the collection
5. At the end of the 24 hours go to the toilet again, but this time put any urine into the bottle.
6. Write the finish time and date on the bottle.

Notes

- If you miss a urine specimen during the 24 hours you will need to collect another bottle and start again.
- If the test is “Creatinine clearance” you will need to have a blood test done within 1 - 2 days of the urine collection.

(cont. over)

Patient Information Sheet (cont.)

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If the test is “5HIAA” you will need to change your diet to avoid avocados, tomatoes, bananas, pineapple, nuts, plums, eggplant and kiwi fruit.

If the test is “arsenic” you will need to avoid shellfish for two days before, and during the 24 hour urine collection.

If the bottle you have been given contains some acid or preservative, please do not tip it out. If you spill any on your clothes or skin you should wash it off immediately with water and seek medical assistance if needed.

If you do spill any of the acid/preservative you will be required to collect a second bottle to perform the test accurately.