

Specimen Collection Guidelines - 24 hour urine

You will need a bottle to collect urine into. A suitable container can be obtained from the laboratory, otherwise any large clean and dry bottle is suitable e.g. an empty two litre plastic milk bottle.

1. Start the collection when you get up in the morning by **DISCARDING** the first urine passed. **DO NOT PUT THIS URINE INTO THE BOTTLE.**
2. **NOTE** the time – this is start time.
3. Collect **ALL** urine passed during the next 24 hours.
4. The next morning at the same time as you got up the previous day, empty your bladder and add this urine to the bottle.
The 24 hour collection is then complete.
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.
It is important to collect **ALL** urine over this time. The total volume is important. Please write your name, date of birth, and date on the bottle(s).
5. Deliver the complete specimen, along with the request form, to the laboratory on the same day. Refrigerate if there is any delay.

Acid Collections

It is important for **some** tests to have acid added to the urine. For these tests a bottle containing acid must be obtained from the laboratory.

If asked to collect two 24 hour urine samples, one into an acid bottle and one into a plain bottle, please collect urine in the acid bottle over the first 24 hour period and into the plain bottle over the second 24 hour period. The urine in the acid bottle will be preserved, so both bottles can be delivered to the laboratory at the same time on completion of collections.

CAUTION

The acid inside some urine collection bottles will burn if it comes in contact with the skin.

Keep well away from children.

Do not take by mouth.

If the acid comes in contact with the skin, wash with large amounts of water immediately.

If you have any problems please contact Canterbury Health Laboratories:

Christchurch:	cnr Hagley Ave and Tuam St.	Ph 364 0300
Ashburton:	Ashburton Hospital, Elizabeth St.	Ph 307 8456