

24 HOUR URINE COLLECTION

PLAIN CONTAINER

All urine for 24 hour period must be collected in the container

You can start the collection at any time which is suitable for you but you must be able to complete the collection exactly 24 hours later. Take care not to spill any of the urine during collection.

- 1) Go to the toilet and empty your bladder. This urine is not collected into the container however this is the starting time
- 2) Record the date and start time on the label of the container
- 3) Using boiling water wash out a plastic ice cream container or similar
- 4) Pass urine into the ice cream container and transfer the urine into the supplied container
- 5) Transfer all urine passed into the supplied container for the next 24 hours
- 6) The last urine transferred into the supplied container should be at the same time as the discarded urine the previous day which marked the starting time of the collection
- 7) Write the time and date of the last collection on the container label

Keep the urine container in a cool place, it does not need to be stored in the refrigerator

Please return the container to Pathology South as soon as possible