

## 24-HOURS URINE COLLECTION

### Container

- ❖ 1x Collection bottle

It is essential that urine specimens are carefully collected for accurate laboratory results. If you have any further questions on how to collect the specimen, please ask our staff.



### Instructions for Collection

1. Empty your bladder into the toilet soon after getting out of bed in the morning, and record the time (e.g., 07:00am) and date on the bottle.
2. From now on, **collect every drop of urine** you pass day or night for twenty-four (24) hours, and pour into the supplied bottle/container.
3. We strongly advise that you avoid touching the contents of the bottle, and suggest that you first collect the urine into another container and then pour the collected urine into the supplied bottle for the test.
4. The next morning, empty your bladder at exactly the same time as above, and pour into the supplied bottle. Record the time and date of collection; this completes the collection requirements for the test.
5. The bottle should be kept in a cool place.
6. Bring the container to the Collection Centre as soon as possible following completion of the collection.

**PLEASE NOTE:** If any urine is accidentally lost/spilled, you must notify your doctor or the laboratory when returning the sample.

**PLEASE TELEPHONE OUR LABORATORY ON:**

**1300 265 000**

**IF YOU NEED ADDITIONAL ADVICE REGARDING THE COLLECTION OF THE SPECIMEN.**