



PATIENT INSTRUCTIONS FOR THE COLLECTION OF 24-HOUR URINE



WARNING: The 24-hour urine bottle may contain an acid preservative solution and may cause burns. You may also experience a strong smell and vapour when opening the lid, which is normal and due to the acid solution in the container.

Please, do not empty the acid preservative from the bottle. If the solution comes in contact with clothes, skin or eyes, immediately rinse thoroughly with cold water. If symptoms persist, please see your doctor.

1. Empty bladder into toilet upon waking up in the morning – this specimen is NOT to be collected into the 24-hour urine container.
2. Record on the 24-hour urine container the time and date you passed the urine.
3. Collect ALL urine over the next 24-hours directly into the provided 24-hour urine container if possible. This includes ALL the urine you pass during the night. If you are concerned about splashing contact with the contents of the container, it may be advisable that you collect the sample into a clean container, and then carefully empty the contents of this clean container into the provided 24-hour urine container.
4. Empty your bladder upon waking the next morning and collect as your last sample for inclusion.
5. The 24-hour urine container should at all times be **stored in a cool, dry place**. The container may also be stored in a refrigerator or an esky with an ice brick.

Please return the 24-hour urine container promptly to your doctor's surgery so that suitable arrangements can be made for delivery to the laboratory for analysis.

For further inquiries or additional information regarding the testing procedure, you can either speak directly to your doctor, or the attending pathology collector, or by contacting the main laboratory Customer Service Department on **1300 265 000**.