

24 Hour Urine Collection

Your health professional has requested tests which require you to collect all the urine you pass for 24 hours into the container provided.

Collection Procedure

1. At the time you have chosen to start the collection pass urine into the toilet. This urine is not wanted for the collection process. Empty your bladder completely. Write this time and date on the container.
2. All urine you pass during the rest of the 24-hour period **UP TO AND INCLUDING** the same time the next day must be collected. Pass urine into a suitable collection punnet, and then pour into the 24-hour container.
NOTE: a clean 2 litre ice cream container is an ideal collection punnet.
3. **NOTE:** Male patients may choose to pass urine directly into the container.
4. Keep you sample in a cool place a way from direct sunlight (not your fridge).
5. If you need to empty your bowels, pass, and collect the urine first so you do not lose it.
6. Collect the last urine specimen exactly 24 hours after the first. Even if you do not feel the need to pass this urine, you must empty your bladder completely. Write the finish time on the container.
7. Ensure the 24-hour urine container is labelled with your Full name, Date of birth or NHI and the times and dates for the collection.
8. Deliver your sample to the laboratory as soon as possible following collection.
9. If you miss a collection of urine in the 24-hour period you will need to start again. Please obtain a new collection bottle from the Laboratory.

If you require further information regarding your test procedure, please contact the Laboratory.

Health New Zealand Taranaki Laboratory

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