

A Guide for Patients and Families

24-Hour Urine Collection Instructions

Overview

Your doctor has requested a 24-hour urine collection for analysis. Kindly store the 24-hour urine container(s) in a cool dry place, avoiding the sunlight. Please do not wash and/or drain the preservatives inside the bottle.

Please follow these instructions closely:



1. Upon waking up in the morning, empty your bladder completely and discard the urine. The 24-hour urine collection begins after this void. Immediately record the time on the label on the urine container (e.g. from: 8am).

2. Collect all subsequent urine over 24 hours into the urine container. You may void onto a disposable kidney dish/clean container and then pour it into the urine container provided if necessary.





3. If you wish to pass motion, please empty your bladder first to collect the urine. This avoids urine loss and faecal contamination of the urine specimen.

4. The next morning, at exactly the same time recorded on the container (e.g. 8am), void urine into the urine container. This is the final urine collection during the 24-hour period.



5. Send the urine container to the lab/clinic as soon as possible.

6. It is essential that you follow the instructions strictly for reliable results. For further clarifications, please do not hesitate to contact us when in doubt.

