

## COLLECTION OF 24 HOUR URINE into Plain Container

### Equipment

- 24 Hour Urine Container, available from any Australian Clinical Labs Collection Centre.

### Procedure

- Eat and drink normally prior to the collection unless instructed otherwise.
- **At the start of the collection, completely empty your bladder and discard the urine.**
- This is the start time.
- Record the start time on the label of the container.
- During the next 24 hours, collect all urine into the 24 hour container.
- **Exactly 24 hours after the starting time, empty bladder into the 24 hour container. The collection is now complete.**
- Record the completion time on the label of the 24 hour container.
- Store the sample in a cool place during the collection period, avoiding direct sunlight.
- *Write your surname, first given name, date of birth and the date/time of collection on the container label.*
- Please deliver the completed sample to a Clinical Labs Collection Centre as soon as possible.
- Please check with collection staff when dropping off your urine sample, whether a blood sample is also required. This is often required for the reporting of your urine results.
- The collection staff will check your details (surname, first given name, date of birth and date/time of collection on the container label) against the pathology request form to ensure the sample is matched to the doctor's request. This is done to ensure the safety and security of the reporting of your results.