



PATIENT INSTRUCTIONS

24 HOUR URINE COLLECTION PROCEDURE

CAUTION: The container may contain a preservative in the form of tablets, powder or a strong acid solution. **DO NOT** remove the preservative from the container. Keep the container upright to prevent spillage. Urine should not be voided directly into container. **KEEP OUT OF REACH OF CHILDREN.**

- **DISCARD** your first morning urine sample, make sure your bladder has been completely emptied. Record this time and date on the collection container label. This is the **START TIME**.
- Begin collecting urine in the container with the **SECOND** urine of the day.
- Collect your **ENTIRE** urine sample each time you urinate for the complete 24 hour period.
- The final urine sample should be collected the following morning, 24 hours after your **START TIME**. Make sure that your bladder has been completely emptied. Record this time and date on the collection container and label **FINISH TIME**.
- Store the container in the dark between 2-4° C (e.g. refrigerator) during the collection procedure. For sanitary reasons, it is recommended that the container be enclosed in a plastic bag.
- Deliver the container to the laboratory as soon as possible after completion of the collection. If the collection is finished on a weekend, keep refrigerated and return to the laboratory on Monday.

IMPORTANT: The accuracy of the test is dependent upon the accuracy of specimen collection. Therefore, if urine sampling is missed within the 24 hour period, do not attempt to regain it the following day. Inform the laboratory upon returning the specimen. The entire collection may have to be repeated.

Containers and requisitions can be returned to any of the three Ottawa Hospital outpatient laboratories, or the specimen reception areas of the Department of Pathology and Laboratory Medicine.

Civic Campus: Civic Parkdale Clinic, 737 Parkdale Ave. Phone 722-7000, ext. 14992
Hours of operation: 8:00 – 16:00 hr.

General Campus: Outpatient Lab, Module J-10, 501 Smyth Rd. Phone 722-7000 ext. 78306
Hours of operation: 7:30 – 17:00 hr.

Riverside Campus: Laboratory, Main Floor, 1967 Riverside Drive. Phone 722-7000 ext. 88214
Hours of operation: 7:00 – 17:00 hr.