



South Zone Timed Urine Collection - Albumin, Calcium, Creatinine, Electrolytes, Osmolality, Phosphate, Protein, Urate, Urea

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| <p>Risks or Cautions</p> | <ul style="list-style-type: none"> • Testing CANNOT be done unless the total volume of urine excreted during the stated time period is collected. If you forget to collect a portion of urine during the stated time period, you MUST start over. You will need to return to the laboratory to get new collection container(s). • DO NOT fill above the “3L” mark (Medicine Hat and Area) or “4L” mark (Lethbridge and Area). If during the collection you notice one container will not be enough to complete the collection, return to the laboratory for a second collection container. |
| <p>Labelling the Sample</p> | <p>Label the collection container with:</p> <ul style="list-style-type: none"> • Your (the patient) <u>full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI), or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #)</u> • If you have been provided with a patient label, attach this label to the outside of the container. • Incorrectly or incompletely labeled specimens may not be tested. |
| <p>Collecting the Sample</p> | <ol style="list-style-type: none"> 1. Get up in the morning. Empty your bladder (pee) into the toilet. This is the START time. 2. Record start date and time on container label. 3. Collect ALL urine for the required time period (e.g. 24 hours) into a clean, dry container. 4. Transfer urine to the collection container. 5. Close the lid securely and gently mix or invert the bottle after each urine sample is added. Keep container in an upright position in the REFRIGERATOR during the time you are collecting and until you deliver it to the laboratory. 6. Collect the last urine sample at exactly the end of the time period. Try to urinate even if you do not feel the urge. 7. Record finish date and time on container label |
| <p>Sample Delivery to Lab</p> | <ul style="list-style-type: none"> • Return sample and requisition to the laboratory as soon as possible. • Keep sample refrigerated until delivery to the laboratory. • Prolonged delays may affect the test result. |
| <p>Questions About Your Collection?</p> | <p>Lethbridge (403) 388-6057 Medicine Hat (403) 529-8919</p> |