

<b>How to prepare</b>	<b>Before the Procedure</b> <ol style="list-style-type: none"> <li>1. You have been asked by your physician to collect all of your urine for 24 hours.</li> <li>2. If you are menstruating, do not begin collecting your urine until after you have stopped menstruating.</li> <li>3. If you are collecting your urine for a Creatinine Clearance test, a blood sample will be drawn when you drop off your sample. Please also record your height and weight on the container.</li> </ol>
<b>Risks or Cautions</b>	<ul style="list-style-type: none"> <li>• CAUTION: The container you receive from the lab <i>may</i> have an <b>acid</b> preservative. Do not throw the liquid away. If it touches your skin or clothing, rinse immediately with large amounts of water (5 minutes). Keep the container away from children.</li> </ul>
<b>Labelling the Sample</b>	Label the collection container with: <ul style="list-style-type: none"> <li>• Your (the patient) <b><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></b></li> <li>• If you've been provided with a patient label, attach this label to the outside of the container.</li> </ul>
<b>Lab Requisition</b>	<ul style="list-style-type: none"> <li>• <b>Print</b> the date/time the sample was collected on your lab requisition.</li> <li>• <b>Do not</b> put the requisition in the bag with the sample collection container.</li> </ul>
<b>Collecting the Sample</b>	<b>Procedure</b> <ol style="list-style-type: none"> <li>1. Start the collection at a time that is convenient to you (e.g. 8:00 a.m.).</li> <li>2. Empty your bladder into the toilet.</li> <li>3. Record the <b>TIME AND DATE</b> <u>on the container label</u>. This is the "<b>Start Time</b>".</li> <li>4. Collect all your urine over the next 24 hours. Urinate in a separate, clean, dry container and then pour ALL urine into your 24 hour container.           <ul style="list-style-type: none"> <li>• A urine hat is available on request to assist with collection.</li> <li>• If you miss the collection of even one sample, the test must be restarted. Return to the Lab for another sample container.</li> <li>• If you think you might fill the container before the 24 hour collection is finished, obtain a second container from the Lab.</li> </ul> </li> <li>5. Keep the container in a cool place (e.g. refrigerator).</li> <li>6. Collect a final urine sample <b>exactly 24 hours</b> after you started your collection (e.g. 8:00 a.m.). Record the <b>TIME AND DATE</b> <u>on the container label</u>. This is the "<b>Finish Time</b>".</li> </ol>
<b>Sample Delivery to Lab</b>	<ul style="list-style-type: none"> <li>• Store at a cool temperature.</li> </ul> <b>After the Procedure</b> <ol style="list-style-type: none"> <li>1. Keep the container in a cool place.</li> <li>2. Ensure the label on the container(s) includes ALL of the following information:           <ul style="list-style-type: none"> <li>• <b>Full first and last name</b></li> <li>• <b>Personal Health Number or Unique Lifetime Identifier or Government Issued Identification Number or Medical Record Number</b></li> <li>• <b>START time and date</b></li> <li>• <b>FINISH time and date</b></li> <li>• <b>Height and weight, if Creatinine Clearance Tests has been ordered</b></li> </ul> </li> <li>3. Bring your sample to the Lab as soon as possible.</li> </ol>
<b>Questions About Your Collection?</b>	Phone your local laboratory.