

How to Collect a 24 Hour Urine Specimen



<p><b>Risks or Cautions</b></p>	<ul style="list-style-type: none"> <li>• The bottle may contain a preservative in the form of a pouch or liquid which may burn your skin.</li> <li>• <b>Do not remove the pouch or liquid.</b> <ul style="list-style-type: none"> <li>○ The pouch will dissolve when urine is added.</li> <li>○ If liquid in bottle is splashed or spilled, wash spill immediately with water.</li> </ul> </li> <li>• Specimens not labeled correctly or not submitted with a complete requisition will not be tested.</li> <li>• <b>If one of the urine samples is discarded and not added to the collection bottle, the test must be started over.</b> Call the laboratory at 403-770-3600 for further instructions.</li> </ul>
---------------------------------	---


<p><b>Labelling the Sample</b></p>	<p>Label the collection container with:</p> <ul style="list-style-type: none"> <li>• Your (patient's) <b>full first and last name, date and time of collection, Provincial Health Number (PHN)</b> or government issued identification such as federal, military, RCMP or immigration</li> <li>• If you were given a patient label, attach this label to the outside of the container.</li> <li>• Write start date and time and finish date and time on the label.</li> </ul>
------------------------------------	---

<p><b>Lab Requisition</b></p>	<p>Write start date and time and finish date and time on the requisition, under the 24 HR urine column.</p>
-------------------------------	---



<p><b>Collecting the Sample</b></p>	<ul style="list-style-type: none"> <li>• Empty your bladder (pee) at the start time of the collection. Do not save this sample.</li> <li>• Write the start time and date on the collection bottle label.</li> <li>• Begin collecting urine samples the next time you urinate (pee).             <ul style="list-style-type: none"> <li>○ Urinate into a clean dry plastic container and transfer the urine to the collection bottle.</li> <li>○ A disposable container called a "hat" can be provided; it is placed under the toilet seat to collect the urine.</li> </ul> </li> <li>• Collect and transfer all the urine to the collection bottle each time you urinate over the next 24 hours.</li> <li>• Place the bottle in a plastic bag and store in a cool dark place (e.g. refrigerator) during the time you are collecting and until you deliver it to the laboratory.</li> <li>• If during the collection you notice one bottle will not be enough to complete the collection, present your requisition at any Patient Service Centre to obtain an additional bottle. Hours of service are listed on the requisition and at <a href="http://www.calgarylabservices.com">www.calgarylabservices.com</a></li> <li>• Close the lid securely and gently mix or invert the bottle after each urine sample is added.</li> <li>• <b>Collect the last urine sample exactly 24 hours after the start time.</b> <ul style="list-style-type: none"> <li>○ You must attempt to urinate at this time even if you do not feel the urge to do so.</li> <li>○ If you are unable to urinate at the finish time this is still an acceptable 24 hour urine sample.</li> </ul> </li> <li>• Write the finish time and date on the collection bottle label.</li> </ul>
-------------------------------------	--

**EXAMPLE:**

**First Sample = 7:00 a.m. → Throw out**    
**Write time and date on label beside START TIME.**

**Second sample →** Collect and pour entire urine sample into the bottle given to you by the laboratory. 

Continue collecting and saving **all** urine samples for the complete 24 hour period. Close lid securely and gently mix or invert the bottle after each urine sample is added.

**Last Sample =** Next day at 7:00 a.m. → this is the last urine sample. Collect and pour into the bottle. Write time and date on the label beside **FINISH TIME.**  

<p><b>Sample Delivery to Lab</b></p>	<ul style="list-style-type: none"> <li>• Deliver the collection bottle and requisition to the laboratory the same day the test is completed.</li> <li>• Refer to the back of the requisition or <a href="http://www.calgarylabservices.com">www.calgarylabservices.com</a> to locate the nearest lab location and hours of business.</li> <li>• Hand the requisition and collection bottle to the laboratory staff; do not leave on counter.</li> </ul>
--------------------------------------	---

Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit MyHealth.Alberta.ca.