

How to Collect a 24 Hour Split Urine Specimen

How to prepare	<ul style="list-style-type: none"> • Plan to do the collection when you will be home for the whole day and night. • If any urine is missed (after first discard) you must start the collection again. • There will be two bottles – one for day collection and the other for night collection. • A disposable plastic container called a “hat” can be provided to collect the urine. This is placed under the toilet seat.
Risks or Cautions	<ul style="list-style-type: none"> • The bottle may contain a preservative in the form of a pouch or liquid which may burn your skin. DO NOT REMOVE PRESERVATIVE. If liquid in bottle is splashed or spilled, wash spill immediately with water.
Labelling the Specimen	<p>Label the collection container with:</p> <ul style="list-style-type: none"> • Your (the patient) 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 #). • If you’ve been provided with a patient label, attach this label to the outside of the container.
Lab Requisition	<ul style="list-style-type: none"> • Print the date and time the specimen was collected on your lab requisition. • Fold and place the requisition in the outside pocket of the resealable bag. Do not put the requisition in the bag with the specimen collection container.
Collecting the Specimen	<ul style="list-style-type: none"> • Throw out your first urine specimen in the morning of the collection day. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the day <u>START TIME</u> • Begin collecting urine specimens in the bottle the next time you urinate (pee). Save all the urine from each time you urinate. Close the lid securely and gently mix or invert the bottle after each urine specimen is added. • Collect the last urine specimen right before going to bed. Try to collect a urine specimen at this time even if you do not feel the urge to urinate. • Mark this as the <u>“STOP TIME”</u> on the day bottle label even if you cannot produce any urine, mark the same time as <u>“START TIME”</u> on the night bottle label. The day collection is now complete. • Begin collecting the next urine specimen in the night bottle. Any urine passed overnight is now collected in the night bottle. If no urine is passed overnight, the first morning urine will be the only urine in the night container. It is important that you urinate immediately upon getting out of bed. Mark this as the <u>“STOP TIME”</u> on the night bottle label. The night collection is now complete.

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

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<p>Specimen Delivery to Lab</p>	<ul style="list-style-type: none"> • Clearly mark both container labels with your FULL First and Last name and Personal Health Number (PHN) or Personal Identification Number (e.g. Refugee, Immigration, Passport etc.) as well as START and FINISH date and time. • Write the START and STOP date and time of the specimen on the requisition. • Bring the urine bottles and requisition to the laboratory the same day the test is finished. Hand both of them to one of the laboratory staff; do not just leave them on the counter. • If the collection is done on the weekend, bring the bottles and requisition to one of the laboratories that are open on the weekend (see back of requisition). Monday morning is okay if the bottle is kept cool.
<p>NOTE:</p>	<ul style="list-style-type: none"> • If this collection is for your child, you may need to take your child with you for blood tests at the same time. The clinic will tell you if this is necessary.