

How to Collect a Timed Urine Specimen


<p>Risks or Cautions</p>	<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 pouch or liquid. <ul style="list-style-type: none"> Pouch will dissolve when urine is added. If liquid in bottle is splashed or spilled, wash spill immediately with water.
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<p>Labelling the Specimen</p>	<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.
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<p>Lab Requisition</p>	<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.
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<p>Collecting the Specimen</p>	<ul style="list-style-type: none"> Throw out your first urine specimen. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the START TIME. Begin collecting urine specimens in the bottle the next time you urinate (pee). Urinate into a clean dry plastic container and transfer the urine to the bottle. A disposable container called a "hat" can be provided. This is placed under the toilet seat to collect the urine. Save all the urine from each time you urinate for the stated time period.
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EXAMPLE: TIMED OVERNIGHT COLLECTION

First Sample = evening or night → **throw out**. Write time and date on label beside **START TIME**. 

Second sample → collect and pour entire sample into the bottle given to you by the laboratory. 

Continue collecting and saving **all** urine samples for the number of hours of the timed collection. Close lid securely and gently mix or invert the bottle after each urine sample is added.

Last Sample = morning → this is the last urine sample; collect and pour into the container. Write time and date on label beside **FINISH TIME**. 

	<ul style="list-style-type: none"> Close the lid securely and gently mix or invert the bottle after each urine specimen is added. Collect the last urine specimen at exactly the end of the timed period. Try to collect a urine specimen at this time even if you do not feel the urge to urinate. Write this time and date on the collection bottle label even if you cannot produce any urine. This is the FINISH TIME. Put the bottle in a plastic bag and keep in a cool dark place (e.g. refrigerator) during the time you are collecting and until you bring it to the laboratory
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IMPORTANT: If one of the urine specimens is thrown out by mistake and not added to the bottle, the test must be started over. Call the laboratory at 403-770-3600 for further instructions.

<p>Specimen Delivery to Lab</p>	<ul style="list-style-type: none"> Clearly label the bottle with your FULL First and Last name and Personal Health Number (PHN) or Personal Identification Number (e.g. Refugee, Immigration, Passport) as well as START and FINISH dates and times of the urine collection period. Complete the date and time the specimen was collected on the requisition, under the 24 HR urine column. Bring the bottle 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 a weekend, bring the bottle 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
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Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit MyHealth.Alberta.ca.