



How to Prepare

- Specimen collection instructions must be followed correctly to ensure accurate test results.
- If you are menstruating, do not begin collecting your urine until after you have stopped menstruating.
- If you are unable to collect this urine specimen, please discuss with your health care provider.
- If any part of the collection is missed, the entire 24 hour specimen must be recollected.

Chemistry Specialty 24 hour Urine Collection Information

- Blood specimen will need to be **collected** within 48 hours of start or end time of urine collection as part of **Creatinine Clearance or Urea Clearance** testing.

- Ensure your **Height (Ht)** and **Weight (Wt)** is written on the requisition.

Example: What to look for

☐ Creatinine Clearance 24h Ht _____ cm
Wt _____ kg

- Refer to the Patient Collection Instructions- *Chemistry Specialty 24 Hour Urine attachment* regarding specific test collection information for the following tests: 5-HIAA, Catecholamines, Homovanillic Acid (HVA), Oxalate, Metanephrines, Trace Elements and Vanillylmandelic Acid (VMA).

Risks or Cautions

- The container may contain a preservative in the form of a pouch or a liquid that may burn your skin, eyes, or clothing. **Do not remove the pouch or liquid.**
- If the preservative touches your skin, eyes or clothing, rinse immediately with water for 15 minutes.
- **Keep out of reach of children.** Seek medical attention if the contents of the collection container are accidentally ingested.
- Keep the container in an **upright position** to prevent the contents from leaking or spilling.

Labelling the Specimen

Label the collection container with **ALL** the following information:

- Your (the patient) **full first and last legal name.**
- The **date and time of specimen collection.**
- Your unique **personal health number** (Alberta PHN or ULI#)

Alberta PHN is found on the Alberta Personal Health Card. Connect Care Medical Record Number (MRN), or other provincial health care numbers are acceptable. If you do not have a PHN or ULI please ask your local laboratory for alternatives.



Lab Requisition

Ensure to fill out the specimen collection information on the requisition (located under the urine section of the requisition):

- Collection **Start** date and time.
- Collection **End** date and time.

Example: What to look for

24H Urine ①	Total Volume
Start Date	Start Time
End Date	End Time



Collecting the Specimen

- **Do not** urinate directly into the collection container (unless instructed to do so).
- Use a clean, dry, plastic container to collect urine, e.g., ice cream pail. Rinse and dry the container in between collections.
- Start your collection at a time that is convenient to you, e.g., 8:00 am.
- Empty your bladder (pee) into the toilet. Record this as the **START** time and date on your container and laboratory requisition.
- Every time you urinate (pee) for the next 24 hours:
 - Collect into a dry plastic container.
 - Pour urine into the collection container.
 - Place lid tightly after each urine specimen is added, swirl gently to mix.
 - Store in the refrigerator if possible. Otherwise, keep the specimen in a cool dark place.
- Collect the last urine specimen exactly 24 hours after the start time. Try to urinate even if you do not feel the urge. Completely empty your bladder.
- Record this as the **END** time and date on your container and laboratory requisition.

Note: 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.

Collection Example

- **First urine specimen** = Start 8 a.m. → **Throw out**
- Write time and date on label beside **START TIME**.
- **Second urine specimen** = Collect and pour entire urine specimen into the container.
- Continue collecting and saving **ALL** urine specimens for the complete 24 hour period.
- **Last urine specimen** = Next day at 8:00 a.m. → this is the last urine specimen. Collect and pour into the container.
- Write time and date on the label beside **END TIME**.



Specimen Delivery to Lab

- Deliver the container(s) and lab requisition as soon as possible to the laboratory when complete.
- Hand the requisition and container to the laboratory staff; do not leave on the counter.

Questions About Your Collection?

Laboratory location, hours, and contact information may be found at:

- www.albertaprecisionlabs.ca
- Alberta Precision Laboratories at 1-877-868-6848
- Health Link Alberta at 811