

**Patient Instruction Sheet for Collection of 24h Urine
PROC 1410 Job Aid A**

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