

# 24 hour urine collection (Acid and non-acid)

## Kohinga Mimi rua tekau mā haora (Waikawa me kore Waikawa)



Health New Zealand  
Te Whatu Ora

Wash your hands  
before and after  
collection.

Horoia wō ringaringa  
ī mua, ī te otinga  
ano hoki ō te  
kohinga tīpako.



1

Check that your container  
is labelled correctly with  
your **first name, last  
name, and date of birth**.  
Label with this information  
if required.

Kia tirohia te tika tapanga  
o tō ipu, hei tō ingoa  
tuatahi, tō ingoa whānau  
me te rā whānau. Tāpiri  
ēnei parongo mēnā e  
hiahia ana

- ✓ first name
- ✓ last name
- ✓ date of birth

2

Pass your first morning urine/pee  
into the toilet as normal. **This urine  
is not collected for the test.**

He rite tonu, kia tukuna tō mimi  
tuatahi i te ata kei roto i te whare iti.  
Kāore tēnei e kohia ana.

Note this time on the bottle label  
as your 'start time'. Make sure your  
bladder is empty when timing starts.  
The time you begin, and finish must  
be exactly 24 hours.

I runga ite te tapanga pounamu, kia  
tuhia te 'wā tīmata'. Me ina wā te  
tīmata, me noho kau tō pukumimi,  
e whakaoti tika rua tekau mā whā  
haora mai te wā tīmata.

3

For the next 24 hours,  
until the same time  
the next morning (and  
including during the night),  
collect all urine into the  
collection dish.

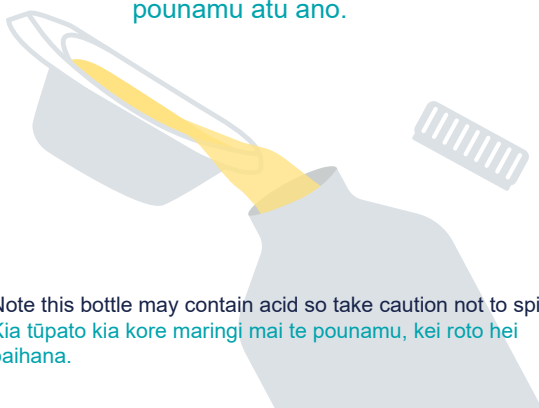
Kohinga ngā mimi i roto i  
te tīpako ipu mō ngā haora  
rua tekau mā whā ake nei,  
tae noa i te wā ano i te ata  
(me tae atu i te pō).



4

Carefully pour urine from the collection  
dish into the large bottle provided. When  
one bottle is full, start filling a new bottle.

Me āta ringihia te mimi mai i te ipu ki  
roto i te pounamu rahi. Ina kī mai ka tiki  
pounamu atu ano.



Note this bottle may contain acid so take caution not to spill.  
Kia tūpato kia kore maringi mai te pounamu, kei roto hei  
paihana.

Exactly 24 hrs after your 'start time',  
even if you do not feel the need to  
go to the toilet, you must empty your  
bladder completely and collect the last  
urine at the 24-hour finish time. Pour  
into the bottle as before. This is the  
final urine to be added to the bottle.

Mai i te rua tekau mā whā haora,  
mai i tō kore haere ki te whare iti me  
whakapou katoa koe, i tō pupuringa  
i tō mimi katoa. Ano i mua, kia  
ringi mai ki roto i te pounamu. He  
whakamutunga mimi tēnei e tāpiri ana  
i te pounamu.

Note this time as your 'finish time'.

Me tuhia te wā whakamutunga

5

Close the lid on your 24-hour  
urine bottles tightly.

Me taupokingia o pounamu  
mimi kia kiki.

6

Return all 24-hour urine  
bottles to the laboratory along  
with the request form.

Me whakahoki ngā pounamu  
ki te taiwhanga I mua i te rua  
tekau mā whā haora me te  
whakaae katoa.