

Instructions for collecting a 24 hour urine

1. One or two plastic bottles will be given to you.

CAUTION: The bottle provided may contain acid and will be labelled with a yellow warning sticker.

- **Do not** spill or discard.
- If swallowed, seek medical advice.
- Skin contact can cause severe burns and should be flushed with lots of water.

2. Please write your name, date of birth and patient number (if known) clearly on the container label.
3. If your doctor requires you to collect two 24 hour urines, always collect the one containing acid first.
4. On waking in the morning, empty your bladder in the toilet as usual; **do not** collect this into the bottle. This is the start of the collection. Write the date and start time on the bottle under 'Collection period, From:'.
5. From this point up until the same time the next morning collect all urine into the bottle.
6. Finish the collection 24 hours after the start time by emptying your bladder into the bottle. Write the date and finish time on the bottle under 'Collection period, To:'.
7. The tray and any other waste can be disposed of with your normal rubbish. Wash your hands thoroughly when finished.
8. Return the container and request form to a LabPLUS collection room.

For all enquires please contact LabLink on 0800 522 7587
<http://www.labplus.co.nz>

Patient information – Instructions for collecting a 24 hour urine – English

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