

## 24 Hour/Timed Overnight Urine Collection

Your doctor has requested that you collect a timed urine sample (i.e. collect all urine you pass over a certain time period). For ease of collection and safety we will provide you with the following collection kit:

1. A collection bottle
2. A funnel
3. A 2 litre container

As some tests require the addition of a strong corrosive acid, you may also be asked to sign an acknowledgement form. Your phlebotomist will discuss this with you at the time.

Whilst collecting your specimen, never pass urine directly into the collection bottle. You must pass urine into the 2 litre container provided and transfer the urine into the bottle using the funnel. If corrosive acid has been added, take special care not to splash any fluid onto your skin. Keep the urine refrigerated (or in an esky with ice bricks) during the collection period.

### General steps for collection:

1. During the collection drink moderate amounts of liquid. Avoid alcohol.
2. Decide on the starting time—e.g. 7 am for 24hr collection—and completely empty your bladder into the toilet at this time (i.e. discard this urine).
3. Record the starting time and date on the bottle in the space provided. This is the starting time.
4. Collect all urine passed from this time forward until the end of the collection period (e.g. 7am the next day using the example above).
  - At the end of the collection period: Empty your bladder into the 2 litre container and transfer this urine into the collection bottle via the funnel (i.e. include this urine).
5. Record the time and date of this last collection onto the bottle in the space provided. This is the finishing time.
6. Record your height and weight on the container, as well as your full name and date of birth for identification purposes.
7. Return the collection bottle to the Mater Pathology collection centre.

NOTE: If some urine is lost or contaminated with faeces during the 24 hour collection period, stop the collection, obtain a new collection kit and start the collection again.

- Please ensure that the lid of the bottle is tightly sealed and transport it in an upright position so that no urine and/or corrosive can leak.

### First Aid for Exposure to Acid Additives:

**Eye:** Hold eyelids apart and flush continuously with water. Continue for at least 15 minutes or until advised to stop by either poisons information centre or a doctor. Please remain calm.

**Skin:** Remove contaminated clothing and gently flush affected areas with water. Continue to flush with water until skin no longer feels soapy. Seek medical attention. Wash clothing before re-use.

**Ingestion:** For advice, contact the poisons information centre on 13 11 26 or a doctor. If swallowed do not induce vomiting.



**Your local collection centre is:** \_\_\_\_\_

**Telephone number:** \_\_\_\_\_

For further information, please telephone Mater Pathology on 07 3163 8500 or your local collection centre during business hours.