

## PATIENT INFORMATION SHEET

### GENERAL INFORMATION

Your Doctor has requested tests which require you to collect a urine sample over 24 hours. There are no dietary restrictions for this test.

You will be given a 4 litre plastic bottle to collect and store the urine specimens. It is important that you collect all the urine passed during the collection period.

#### WARNING

For this test the bottle contains a small amount of fluid. This is an acid preservative. Do not discard this before you start the collection and **DO NOT collect urine directly into the BOTTLE.**

### COLLECTION PROCEDURE

1. At the start of collection e.g. 7.00 am, or a time convenient to you, empty your bladder into the toilet and DISCARD this specimen.
2. Record the starting time and date at the bottom of this sheet. For the next 24 hours **all** further urine passed **MUST** be collected and transferred to the plastic bottle.
3. At exactly 24 hours after you started the collection, ie 7.00 am the next day, empty your bladder and **ADD** this sample to the plastic bottle. **DO NOT** discard this specimen.
4. Record the stopping time and date at the bottom of this sheet.
5. **Urine should not be passed directly into the container**, particularly if there is acid preservative in the container. You should always first pass urine into a second clean container such as a well washed, rinsed and scalded ice-cream container, then transfer it into the container.
6. You should prevent faecal contamination of the urine specimen.
7. If practical, keep urine refrigerated until returned to the collection centre.
8. Return this sheet and the plastic bottle to the closest collection centre as soon as possible.

If you have any additional questions or require further information please contact one of our collectors at the room you attended or the collection Co-ordinator at the Central Laboratory on **9736 7000**.

#### FOR COLLECTOR AND PATIENT USE

STARTING TIME AND DATE:

FINISHING TIME AND DATE: