

# Patient Collection Instructions for 24 Hour Urine Sample

*Applies to former Saskatoon Health Region area*

Specimen	<ul style="list-style-type: none"> <li>• 24 hour urine</li> </ul>
Labelling	<ul style="list-style-type: none"> <li>• Label container (orange 24 hour urine jug) <ul style="list-style-type: none"> <li>○ First and last name</li> <li>○ Provincial Health Care Number and Date of Birth</li> <li>○ Date and time of collection</li> </ul> </li> <li>• Write start time, end time, and end date of collection on requisition</li> </ul>
Dietary Requirements	<ul style="list-style-type: none"> <li>• Some medications may interfere with results of this test. Talk to your doctor about the medication you are taking. Do not stop taking medications unless your doctor advises you to stop.</li> </ul>
Collection Procedure	<ul style="list-style-type: none"> <li>• Empty your bladder when you get up in the morning and discard this urine (Note start date and time)</li> <li>• From then on, collect all urine you pass during the day and night by voiding into a clean container and pouring the urine into the collection bottle provided</li> <li>• Do not void directly into the collection bottle provided by the laboratory. Pour gently if acid has been added to the bottle.</li> <li>• Make your final collection when you empty your bladder the next morning at the same hour (Note end date and time)</li> </ul>
Stability/ Storage	<ul style="list-style-type: none"> <li>• Keep the collected urine refrigerated, if possible</li> <li>• Can be dropped off at RUH Test Centre, SPH Test Centre or any Patient Service Centre as soon as possible after the collection is complete</li> </ul>

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