

## North Bay Regional Health Centre

Laboratory – Biochemistry Department

### **24 Hour Urine Collection Instructions**

**Caution:** The collection container may contain a preservative in the form of tablets or strong acid solution which may burn your skin. Do **not** remove preservative from the bottle. Do **not** urinate (pee) directly into the bottle. Do **not** splash when pouring urine into the bottle. Keep out of reach of children and pets.

#### **Please note:**

- Diet restrictions may be necessary depending on the test requested. Check with the laboratory.

#### **Collection instructions:**

1. Select a start time. Empty your bladder into the toilet as usual, make note of the start time.
2. Label the collection container with your first and last name, date of birth and the date and start time of the collection.
3. Beginning the next time you urinate, collect and pour **all** urine into the container provided, for a complete 24-hour period.
4. The next day, collect your final urine sample at the same time of day as the start time the previous day. Try to collect the last sample at this time even if you do not feel the urge to go.
5. Keep the collected urine in a cool place during the collection period.
6. Deliver the container and lab requisition to the laboratory the same day the collection is finished.
7. A blood sample may also be required for this test. You may have it collected when you drop off the 24 hour urine during laboratory operating hours Monday to Friday 8:00 am to 2:30 pm.

**Outpatient samples will not be accepted outside of these hours.**

**If you need further information, please contact the laboratory at  
705-474-8600 ext. 2935**