

2016

24-Hour Urine Collection

Pathology and
Laboratory Medicine
Halifax Area



www.nshealth.ca

24-Hour Urine Collection

Instructions

- Start when you have 2 days in a row that are quite routine (you plan to get up at the same time and have no special commitments).
- Your doctor has given you a form for this test. This form is called your **requisition**.
- Start collection in the morning, with an **empty bladder**.
- If you miss any urine (pee) over the 24 hour period, you must start a new 24-hour collection.
- Use only the collection bottle(s) given to you by your doctor, local lab, or blood collection clinic.
- Keep the bottle **in the fridge** between collections.
- Bring the bottle to an approved drop-off site **as soon as you finish** the 24-hour collection (see back cover for sites).


DAY 1	<p>When you get up, use the washroom as usual. Do not collect this sample. This is your start time.</p> <p>Write your name, the date, your health card number, and the start time on the bottle label and requisition.</p> <p>Collect ALL your urine in the bottle that day and night.</p>
DAY 2	<p>Get up at the same time as on DAY 1.</p> <p>Collect your 1st morning urine and add it to the bottle.</p> <p>Write your end date and end time on the bottle label and requisition.</p>

If you have any questions, please ask. We are here to help you. Please see back cover for contact information.

If you need to do a second 24-hour urine collection:

DAY 2 cont.	Write your name, the date, your health card number, and the start time on the 2nd bottle label and requisition. The date and time should match the end date and time on your 1st bottle. Collect ALL your urine in the 2nd bottle that day and night.
DAY 3	Get up at the same time as on DAY 2. Collect your 1st morning urine and add it to the 2nd bottle. Write your end date and end time on the bottle label and requisition.

Make sure the collection bottle(s) is labelled with your name, health card number, date(s) of collection, and start and end times.



**24 hour access for drop offs
available in Halifax:**

QEII Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building

Or drop off your sample at your
local lab. Hours and addresses
vary. Check www.nshealth.ca for
more information.

Phone: 902-473-2266

Email: [DPLMCustomerService@
nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **doctor's full name and address**
- › **Start and end dates and times** for each urine collection

Looking for more health information?

This pamphlet and all our active patient pamphlets are searchable here: <http://bit.ly/NSHApamphlets>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.