

# CAPITAL DISTRICT HEALTH AUTHORITY

*Healthier people and communities in the Capital Health District,  
Nova Scotia and Atlantic Canada, contributing to a healthier world.*

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## **24-Hour Urine Porphyrin** **Collection Instructions**

1. A **24-hour** urine collection is recommended.
2. Follow the 24-hour urine collection procedure.
3. The collection container should be protected from light sources and refrigerated throughout and after the collection period.

Each accompanying **requisition form** must include the following information:

- Your **full name and Date of Birth**
- Your **health card number**
- **Physicians** full name and address
- **Start date and time** for each urine collection.

Label the **collection container** with your **name, date of collection** and **start and end time**.

**Specimens can be delivered to:**

**Halifax:** QEII Health Sciences Centre  
Central Specimen Accessioning  
5788 University Avenue  
Main Floor- MacKenzie Building  
(24 hour access for drop-offs)

**Or:** Your local district laboratory