

24 Hour Urine Specimen Collection Instructions

Please note – You must start the 24-hour urine collection with an empty bladder.

At the start of your collection you should go to the toilet and empty your bladder, then:

1. Label the bottle with your:
 - Surname
 - Date of Birth
 - Given Name
 - Time and Date of collection
2. Write the start time and date on the EMPTY bottle.
3. Collect all urine into the large bottle for the next 24 hours, using the cup provided.
4. At the end of the 24-hour period collect any urine remaining in your bladder. Write the finish time and date on the bottle.
5. By following this procedure you will start and finish the collection with an empty bladder.

The start and finish times should be the same, eg. Day 1 - 9.00am - Day 2 - 9.00am (or your preferred time)

- Keep the container cool, not refrigerated, throughout the collection.
- If you miss a urine specimen you will need to collect another bottle and start again.
- If you are having a test for Creatinine Clearance you must return the urine to the collection centre within 6 hours of the completion time, as a blood test for creatinine must also be taken from you when the urine is returned.

What you can eat:

For most urine tests there is no restriction on what you do or what you eat. If your doctor is testing for:

5-HIAA (5 hydroxy-indole acetic acid)

You should avoid the following foods during the test and for two days prior: avocados, tomatoes, bananas, pineapple, nuts, plums and eggplant and kiwi fruit. These foods can give false high results.

Arsenic

You should avoid seafood, particularly shellfish during the test and for two days prior.

CAUTION:

- Some 24-hour urine bottles contain acid or other preservatives.
- If you spill any on your skin or clothes wash immediately with water.
- If you become unwell seek medical attention.
- Do not tip the preservative out as it is needed to give accurate results.
- If the bottle has leaked please return it to a collection centre for disposal.

Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

