

## PATIENT INSTRUCTIONS – 24-HOUR URINE COLLECTION TEST



If you have any English language difficulties, please ask staff to book an interpreter. From home contact the Telephone Interpreter Service on 9605 3056. Services are provided free of charge. Ask staff if this information is available in your preferred language.

### Background Information

A 24-hour urine collection test is designed to give your doctor an indication of your kidney function. The pathology collection centre will provide you with a large plain container to store and return your sample. You may also need a blood test.

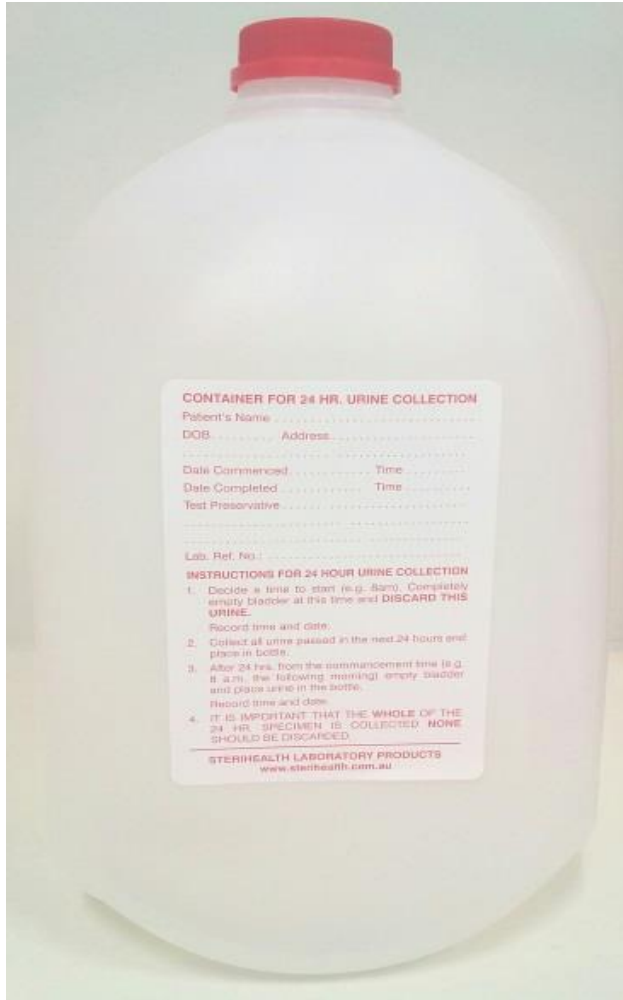
### Collection Instructions

1. We suggest you collect your urine samples first into a plastic disposable container (a clean jug with a pouring spout, or an ice-cream container is ideal) and then transfer (tip/pour) it into the 24hr urine container provided by Pathology.
2. On first waking, empty your bladder into the toilet. Do not save this urine specimen but record the time and date on the provided pathology container.
3. From this time on, save all the urine you pass for the next 24 hours up to and including the final specimen passed at exactly 24 hours after the time recorded on your pathology container. For example, if you emptied your bladder at 8.00 am yesterday you are required to pass urine at exactly 8.00am today and this will be your final collection.
4. Label the container with your Surname, First Name, Date of birth, Start time/date, Completion time/date UR Number, if known. (If not known, document Medicare number or address on container)
5. The container must be stored in a cool place during the collection and returned to Pathology as soon as possible on completion of collection. Refrigerate specimen if not returning to pathology shortly after collection is completed.

Please make sure the lid is secured tightly to prevent any leakage of your sample

### Pathology Collection Contact Numbers:

|                      |   |                                       |
|----------------------|---|---------------------------------------|
| Angliss Hospital     | - | 9764 6493                             |
| Box Hill Hospital    | - | 9895 4905                             |
| Healesville Hospital | - | 5969 9949                             |
| Maroondah Hospital   | - | 9871 3579                             |
| Yarra Ranges Health  | - | 87069665 (Tues & Thurs mornings only) |



24 Hour Urine collection containers  
– **Plain bottle, no additives**

Label container with your-  
Surname, First Name,  
Date of birth.  
Start time/date  
End time/date