

24 hour Urine Sample Home Collection Instructions for Patients

Your doctor has ordered a laboratory test, which requires you to collect all urine within a 24-hour period. Please follow these instructions to ensure accurate test results.

Planning the collection

- Plan the collection so you can deliver the sample during the Specimen Collection Centre business hours, which are Monday to Friday, 7:30 am to 3:15 pm.
- You may use any 24-hour period for the collection and start at any time of the day or night.

Caution

Depending on the test and required analysis, the supplied container may contain a liquid, which is acid that can cause burns. Not all containers contain a liquid.

- Do not touch this liquid and avoid all contact with skin. In case of accidental contact, flush with water for 15 minutes and seek medical attention.
- Keep the mouth of the container away from you when opening.
- Do not throw away the liquid.
- Do not urinate directly in the container and be careful when transferring urine to the container.

Collection instructions

1. **Void your first urine in the toilet when starting the 24-hour period.** This urine was made before your collection time period began and should not be part of your collection.
 - a. Note the date and start time on the provided container.
2. **Collect all urine for the next 24 hours.** Your last collection should be 24 hours after your start time. For example, if you voided in the toilet at 7:00 am, your last collection in the container is at 7:00 am the following day.
 - a. Use a clean and dry disposable cup to collect urine.
 - b. Transfer urine to provided container. Close the container and shake to mix contents.
 - c. If possible, refrigerate the container; otherwise, keep in a cool place away from heat and light.
3. **Label the specimen container.**
 - a. Include your full name and date of birth.
 - b. Indicate the collection start date and time, and end date and time.
4. **Deliver the container to the HGH Specimen Collection Centre during business hours.**
 - a. Bring the sample as soon as possible after the collection, or the next morning at the latest. Refrigerate the container if you cannot deliver it immediately after collection.
 - b. Please register first at the Information desk and include the test requisition provided by your doctor with the sample.
 - c. Then proceed to the Specimen Collection Centre. Enter through Cardiology.

Address

Specimen Collection Centre
Block B, Level 1
Hawkesbury and District General Hospital
1111 Ghislain Street Hawkesbury, Ontario K6A 3G5

Business Hours

Monday to Friday from 7:30 am to 3:15 pm
Closed on public holidays

Questions? 613-632-1111, extension 51201