



## Equipment

One 24 hour urine collection container

**Note - you must start the 24 hour urine collection with an empty bladder. At the commencement you should go to the toilet and empty your bladder.**

1. Write the start time and date on the empty bottle.
2. Collect all urine for the next 24 hours, into the urine container.

WE STRONGLY ADVISE THAT YOU AVOID THE CONTENTS OF THE BOTTLE AND SUGGEST THAT YOU FIRST COLLECT YOUR URINE INTO ANOTHER CONTAINER (e.g. ICE CREAM CONTAINER) AND THEN POUR INTO THE BOTTLE.

3. At the end of the 24 hours collect any urine remaining in your bladder. Write the finish time and date on the bottle.
4. The bottle should be kept in a cool place.
5. Bring the container to the collection centre as soon as possible after finishing the collection
  - If you miss a urine specimen you will need to start the test again.
  - If you are having a test for Creatinine Clearance you must return the urine to the collection centre within six hours of completion time, as a blood test must also be taken.