

# 24 hour urine collection

Please read carefully!

**You need to collect your urine for 24 hours, so that it may be tested.**

We will give you:

- ✓ a urine storage container
- ✓ a label with your full name and hospital identification number
- ✓ a lab requisition

## What you need to know:

- Your urine container must be labelled with your name and identification number. If it is not labelled properly, you may have to repeat the 24 hour collection.
- Keep your storage container in the fridge for the entire 24 hour collection and until you bring it back to the Outpatient Specimen Collection Centre (or other Lab). If you do not have a fridge, keep it on ice or in a cooler.
- If you miss collecting any urine during the 24 hour period, you will have to start over.

**Outpatient Specimen Collection Centre  
905-521-2100, ext. 76263**

### Hours:

- Monday to Thursday, 8 am to 4:30 pm
  - Friday, 8 am to 3:30 pm
  - Closed Saturday, Sunday and Holidays
- Hours may vary with the season, please call to check before coming to the Centre.*

### Located:

- McMaster University Medical Centre
- 3rd floor, down the hall from 3F Clinic

## 1. Just before you start:

- Go to the bathroom and pass urine to empty your bladder. Do not collect this urine.
- Write the date and time on your lab requisition.

## 2. Collect your urine for 24 hours:

- For the next 24 hours, pass urine into a clean container. Then, pour the urine into the storage container.
- Exactly 24 hours after you started the collection, pass urine 1 more time and put this urine in your storage container.
- Write the date and time the collection ended on your lab requisition. This is the end of the test or collection.

## 3. Bring your 24-hour urine collection to the lab:

- Bring your storage container to the Outpatient Specimen Collection Centre (or other Lab) as soon as possible.
- To prevent leaks, make sure the lid is on tightly.
- Put the urine container upright inside a plastic bag.
- If the weather is warm and you must travel a long way, keep your urine container on ice or in a cooler.

**If you have any questions please call:**

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