
Biolab Medical Unit

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Instructions for 24 hour urine collection

To ensure clinically meaningful results a COMPLETE 24 hour urine collection is required. In order to achieve this please follow these instructions.

1. Unless otherwise instructed, you may eat and drink normally during the 24 hour test collection period.
2. At 8.00am on the morning you wish to commence the test, empty the bladder and DISCARD this sample. Using a large clean container (e.g. a mineral water bottle), collect all urine passed up to and including 8.00am the following morning.
3. Mix the combined 24-hour collection well and record the total volume of the sample.
4. Pour off a sample of the whole collection into the small specimen bottle provided. Mark this bottle with your NAME and the TOTAL VOLUME of the collection, (this information is important for accurate interpretation of results). The remaining sample may now be discarded.
5. The specimen should then be well wrapped for protection, and posted to the laboratory as soon as possible, in the Jiffy bag provided. Ideally the specimen should be refrigerated until the time of posting.

If you have any further questions please do not hesitate to contact us.

IMPORTANT NOTE

We can only accept samples for analysis if they are clearly labelled with the patient's name and date of birth and you include a contact address and telephone number and the referring doctor's full name and address.

If you do not have a Biolab green pathology request form or a letter from your doctor to submit with the sample please write the above details on the reverse of this sheet and enclose with the sample.

If this sample is for part of a test request we have already received, or you have an appointment at Biolab in the near future, please also include details (i.e. Biolab reference number or date of tests).

Thank you for your help.