

PERFORMING A 24 HOUR URINE COLLECTION

- Start collecting the urine first thing in the morning
- Empty the bladder after waking in the toilet. Write down the time – this is the time the urine collection begins
- Every drop of urine for the next 24 hours should be collected in the bottle
- Store the urine bottle at room temperature (ie. Does not need to be kept in the fridge, unless you are keeping it at home for more than 2 days, then it should be refrigerated)
- If you need to pass a bowel motion, try to collect any urine passed but try not to include faeces in the urine bottle.
- Finish the collection by collecting the first urine passed the next morning (preferably within 10 minutes of the start time). Note the time.

Many people find it convenient to have a 24 hour urine container ready so they collect their urine for the 24 hours prior to attending for a fasting blood test. The urine collection can then be dropped off at pathology at the time of the fasting blood test.