

# 24 Hour Urine Specimen Collection Instructions

Your doctor has requested a urine examination that requires you to collect all passed urine over 24 hours.

## The below instructions should be followed:

1. At the starting time, empty the bladder into the toilet.
2. All further urine for the next 24 hours must be passed directly through the funnel into the bottle provided.
3. Record name, DOB, and start and finish time on the label.
4. Keep urine refrigerated during collection.
5. Ensure that the cap is screwed on firmly before returning the bottle to the collection centre.

**It is important to ensure that the bottle is kept upright at all times as some bottles contain corrosive additives. Please ask for two bottles if you think that one will not be sufficient.**

## Example 24 hour collection:

- **6.00am Day 1**  
Empty bladder and discard the urine into the toilet.  
Pass all urine for the next 24 hours into the bottle.
- **6.00am Day 2**  
Next morning, empty bladder into the bottle. This will complete the collection.

## Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

