

Timed Urine Collection

(Microalbumin)

Your doctor requires you to collect urine over a period of _____ hours.

If overnight collection is required, this is usually collected over a period of approximately eight hours, commencing when you retire to bed.

- At the starting time, **empty the bladder into the toilet** and record the starting time.
- Collect all urine over a designated period of collection.
- For the entire time of collection, all urine must be passed directly through the funnel into the bottle provided.
- Record name and start and finish times on the bottle label.
- Keep urine refrigerated during collection.
- Ensure that the cap is screwed on firmly before returning the bottle to the collection centre.

Example Timed Collection:

10.00pm Day 1

Empty bladder and discard the urine into the toilet.

Pass all urine for the next 8 hours into the bottle.

6.00am Day 2

Next morning, empty bladder into the bottle. This will complete the collection.

PLEASE NOTE:

8, 10 or 12 hours is usually an adequate and convenient period of collection but will depend on the specific requirements outlined by your doctor.

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.

