

COLLECTION OF 24-HOUR URINE SPECIMEN

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested. Test results provided to your physician are based on the total amount of urine excreted by your body over a 24-hour period.

Note: If needed, please bring your own reusable bag that can be used to carry the 24-hour urine jug with you: 10 x 5 x 9 inches (26 x 13 x 23 cm) Safety Data Sheet for preservative, if applicable, can be obtained at the nearest LifeLabs location.

IMPORTANT:



Note any warning or instructions on the outside of the container



Jug must be kept out of reach of children.



Collect urine in another container and pour it in the jug



DO NOT remove any liquid (preservative) that may be in the container



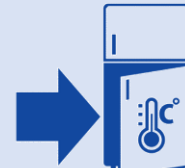
Write your full name and date of birth on the container label.



Securely replace lid and shake jug gently each time urine is added



Jug must be kept out of direct sunlight, stored, and transported upright.



Refrigerate jug during the entire collection period

INSTRUCTIONS:

DAY 1



1. First thing in the morning at a designated time (for example 7:00 AM) completely empty your bladder and **DISCARD** this first morning specimen. Record the 'exact' start time and date on the container.



2. Collect ALL specimens during the entire 24-Hour period. And add ALL the specimens to the container.



3. Prior to a bowel movement, you should first empty your bladder and add that urine to the 24-hour container.

DAY 2



4. Exactly 24 hours later (for example 7:00 a.m.) completely empty your bladder and add this specimen to the container. This is the last specimen and completes your 24-hour collection.



5. Record the 'exact' end time on the container label and write the date and time on the requisition.



6. Bring the specimen and requisition to the laboratory **as soon as possible**.

When you return your sample, please note the following:

- Bring the copy of the requisitions together with the jug
- **DO NOT** leave the jug unattended. Ensure it is handed to a staff member
- Wait for further instructions before leaving LifeLabs
- If you were on a special diet for this test, resume your normal diet after specimen collection