

Each requisition must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › The names of **all antibiotics you are taking**
- › The names of **all countries outside of North America that you have visited (or emigrated from) in the past 12 months**
- › **Start date(s) and time(s)** of each urine collection
- › **End date(s) and time(s)** of each urine collection

Take your collection(s) to one of these drop-off sites:

South Shore Regional Hospital

Main Floor
90 Glen Allan Drive
Bridgewater, NS B4V 2S6
Phone: 902-527-5261
Hours: Monday to Friday, 7 a.m. to 2 p.m.

Queen's General Hospital

1st Floor
175 School Street
Liverpool, NS BOJ 1K0
Phone: 902-354-3436
Hours (including Registration):
Monday to Friday, 8 to 11:30 a.m.
Closed for drop-offs from 8:30 to 9 a.m.

North Queen's Health Centre

9698 Highway 8
Caledonia, NS B0T 1B0
Phone: 902-682-2533
Hours (including Registration):
Wednesdays, 7:30 to 10:30 a.m.
Closed for drop-offs from 9:50 to 10:20 a.m.

Fishermen's Memorial Hospital

1st Floor Registration
14 High Street
Lunenburg, NS B0J 2C0
Phone: 902-634-8801
Hours (including Registration):
Monday to Friday, 7:30 to 11 a.m.
Closed for drop-offs from 9 to 9:30 a.m.

Our Health Centre (OHC)

3769 Hwy 3
Chester, NS B0J 1J0
Phone: 902-275-2830
Hours (including Registration):
Mondays and Thursdays,
7:40 to 10:30 a.m.
Closed for drop-offs from 9:30 to 10 a.m.

Prepared by: Pathology and Laboratory Medicine,
South Shore Regional Hospital
Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

2023

24-Hour Urine Collection

South Shore Regional Hospital

Collections that are not labelled correctly or do not have a requisition filled out will not be tested.

Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called a **requisition**.
- Start when you have **2 days in a row**:
 - › when you can wake up at the same time.
 - › that have the same routine (you have no special plans).
- Start your collection in the morning, with an **empty bladder**.
- If you miss any urine (pee) over the 24-hour period, you must start a **new** 24-hour collection.
- Use **only** the collection bottle(s) given to you by your primary health care provider, local lab, or blood collection clinic.
- Keep the bottle in the fridge between collections.
- Take the filled bottle and requisition to an approved drop-off site **as soon as you finish the 24-hour collection** (see the back cover for locations and hours).

Day 1

1. When you wake up, **use the washroom as usual. Do not collect this urine.** This is your start time.
2. Write your **full name, your date of birth, your health card number, and the collection start date and time** on both the **requisition** and the bottle label.
3. Collect **all** your urine in the bottle that day and night.
4. Keep the bottle in the fridge during the collection period.

Day 2

1. Wake up at the same time as on Day 1.
 2. Collect your **first** morning urine and add it to the bottle. This is your end time.
 3. Write your **end date and time** on both the requisition and the bottle label.
- **Your start and end times should be around the same time of day.**
 - › For example, if your start time is 7 a.m. on Day 1, your end time should be 7 a.m. on Day 2.

If you need to do a second 24-hour urine collection:

Day 2 continued

1. Write your **full name, your date of birth, your health card number, and the collection start date and time** on both the **requisition** and the second bottle label.
2. The date and time should match the end date and time on the first bottle.
3. Collect **all** your urine in the 2nd bottle that day and night.
4. Keep both bottles in the fridge during the collection period.

Day 3

1. Wake up at the same time as on Day 2. Collect your **first** morning urine and add it to the **second** bottle. This is your end time.
2. Write your **end date and time** on the requisition and the second bottle label.