

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **doctor's full name and address**
- › **Start and end dates and times** for each urine collection

**Take the sample to one of the following Nova Scotia Health Authority Laboratory Services locations:**

**South Shore Regional Hospital**  
Main Floor  
90 Glen Allan Drive  
Bridgewater NS B4V 2S6  
Phone: 902-527-5261  
Hours: Monday-Friday, 7-11 a.m.  
Registration: Monday-Friday,  
6:45-10:45 a.m.

**Fisherman's Memorial Hospital**  
2nd Floor  
14 High Street  
Lunenburg NS BOJ 2C0  
Phone: 902-634-8801  
Hours (including Registration):  
Monday-Friday, 7:30-11:30 a.m.

**Queen's General Hospital**  
1st Floor  
175 School Street  
Liverpool NS BOJ 1K0  
Phone: 902-354-3436  
Hours (including Registration):  
Monday-Friday, 7:30-11:30 a.m.

**North Queen's Health Centre**  
9698 Highway 8  
Caledonia NS B0T 1B0  
Phone: 902-682-2533  
Hours (including Registration):  
Wednesdays, 7:30-10:45 a.m.

**Our Health Centre**  
3769 Hwy 3  
Chester NS B0J 1J0  
Phone: 902-275-2830  
Hours (including Registration):  
Tuesdays and Thursdays,  
7:30-10:45 a.m.

*Prepared by:* Pathology & Laboratory Medicine,  
South Shore Regional Hospital  
*Designed by:* NSHA Library Services

QY85-1985 © May 2019 Nova Scotia Health Authority  
The information in this pamphlet is to be updated every 3 years or as needed.

# Urine 24-Hour Porphyrins Collection

**South Shore  
Regional Hospital**

Samples that are not labelled correctly or do not have a complete requisition form will not be tested.

# Urine 24-Hour Porphyrins Collection

## Instructions

- Start when you have 2 days in a row that are routine (you plan to get up at the same time and have no special commitments).
- Your doctor has given you a form for this test. This form is called your **requisition**.
- Start 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 doctor, local lab, or blood collection clinic.
- Keep the bottle **in the fridge** between collections.
- Bring the bottle to an approved drop-off site **as soon as you finish** the 24-hour collection (see back cover for sites).

DAY 1	<p>When you get up, <b>use the washroom as usual. Do not collect this sample.</b> This is your start time.</p> <p>Write your <b>full name, the date, your health card number, and the start time</b> on the bottle label and requisition.</p> <p>Collect ALL your urine in the bottle that day and night.</p>
DAY 2	<p>Get up at the same time as on DAY 1.</p> <p>Collect your 1st morning urine and add it to the bottle.</p> <p>Write your <b>end date and end time</b> on the bottle label and requisition.</p>

**What are your questions?  
Please ask.  
We are here to help you.  
Please see back cover for  
contact information.**

<i>If you need to do a second 24-hour urine collection:</i>	
DAY 2 cont.	<p>Write your <b>full name, the date, your health card number, and the start time</b> on the 2nd bottle label and requisition.</p> <p>The date and time should match the end date and time on your 1st bottle.</p> <p>Collect ALL your urine in the 2nd bottle that day and night.</p>
DAY 3	<p>Get up at the same time as on DAY 2. Collect your 1st morning urine and add it to the 2nd bottle.</p> <p>Write your <b>end date and end time</b> on the bottle label and requisition.</p>

Make sure the collection bottle(s) is labelled with your name, date(s) of collection, health card number, and start and end times.