



2019

24-Hour Urine Collection: Split Daytime and Nighttime



www.nshealth.ca

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Why do I need to do a 24-hour split urine collection?

A 24-hour split urine (pee) test is used to find out whether the protein in your urine is caused by a condition called orthostatic proteinuria. This condition happens in some people while standing or sitting, but not while lying down. Splitting the urine you collect into daytime (standing or sitting) and nighttime (lying down) will help us find out if you have this condition.

You will need to collect all of your urine for 24 hours. Pick a day when this will be convenient.

You will need 2 jugs. These will be provided either by your doctor or your local lab. Label one jug “Daytime urine” and the other jug “Nighttime urine”.

Instructions for daytime collection:

- When you first get up, go to the bathroom as usual. **Do not collect this sample.** This is your start time.
- Your doctor has given you a form for this test. This form is called your **requisition**. Write your **name, the date, your health card number**, and the start time on the daytime jug label and on the requisition form.
- **Collect all of your urine in the daytime jug for the rest of the day.** Avoid strenuous (hard) exercise (e.g., running) that day.
- In the evening, lie down for 2 hours before you go to sleep. This will help to avoid mixing daytime urine with nighttime urine. Just before sleeping, go to the bathroom for the last time and add this urine to the daytime jug. **This is the start time for your nighttime collection.**

Instructions for nighttime collection:

- Write your **name, the date, your health card number,** and the start time on the nighttime jug label and on the requisition form.
- If you need to urinate (pee) during the night, collect your urine in the nighttime jug.
- The next morning (about 8 hours later), collect your first morning urine in the nighttime jug.

Take both jugs to the lab to be tested. Please see back cover for drop off location.

The results of the test will be sent to your doctor or health care provider who ordered the test.

**What are your questions?
Please ask.
We are here to help you.**

In Halifax, for 24-hour drop-offs:

QEII Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building

For other locations:

- Drop off your sample at your local lab.
- Hours and addresses vary. Check www.nshealth.ca for more information.



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

Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

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