

## 24-hour access for drop-offs in Halifax:

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

Or drop off your specimen at your local lab. Hours and addresses vary. Check [www.nshealth.ca](http://www.nshealth.ca) for more information.

Phone: 902-473-2266  
Email: [DPLMCustomerService@nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

Each requisition must have:

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

# 24-Hour Urine Collection

Pathology and  
Laboratory Medicine  
Halifax Area

#### 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>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Pathology & Laboratory Medicine, Halifax*

*Designed by: NSHA Library Services*

The information in this brochure 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.

# 24-Hour Urine Collection

## Instructions

- Your doctor has given you a form for this test. This form is called your **requisition**.
- Start when you have 2 days in a row that are quite routine (you plan to get up at the same time and have no special commitments).
- 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).

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

DAY 1	<p>When you get up, <b>use the washroom as usual. Do not collect this specimen.</b> This is your start time.</p> <p>Write your <b>full name, date of birth, health card number, and the start date and 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>

<i>If you have been given another bottle to do a second 24-hour urine collection:</i>	
DAY 2 cont.	<p>Write your <b>full name, date of birth, health card number, and the start date and 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>