

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**

If you are at a lab or clinic and cannot collect a sample, tell a member of the health care team.

Drop-off sites:

Drop-off sites are closed on holidays.

South Shore Regional Hospital

Main floor
90 Glen Allan Drive
Bridgewater NS B4V 2S6

- **Drop-off hours:**
 - › 7 a.m. to 2 p.m. (Mon-Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:**
 - › 8:30 a.m. to 9 a.m.
 - › 11:30 a.m. to 12 p.m. (noon)

Fisherman's Memorial Hospital

1st floor registration
14 High Street
Lunenburg NS BOJ 2C0

- **Drop-off hours:**
 - › 7:30 a.m. to 2 p.m. (Mon-Thurs)
 - › 7:30 a.m. to 11 a.m. (Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:**
 - › 9 a.m. to 9:30 a.m.
 - › 11 a.m. to 12 p.m. (noon)

Queen's General Hospital

1st floor
175 School Street
Liverpool NS B0T 1P0

- **Drop-off hours:**
 - › 9 a.m. to 11:30 a.m.
 - › 12 p.m. (noon) to 2 p.m. (Mon-Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:** 11:30 a.m. to 12 p.m. (noon)

North Queen's Health Centre

9698 Highway 8
Caledonia NS B0T 1B0

- **Drop-off hours:**
 - › 7:30 a.m. to 10:45 a.m.
(every second Wed)

Our Health Centre

3769 Highway 3
Chester NS B0J 1J0

- **Drop-off hours:**
 - › 7:30 a.m. to 10:45 a.m.

*Prepared by: Pathology and Laboratory Medicine,
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2025

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 second 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.