

How to Collect a Timed Urine Specimen

TIMED _____ HOUR URINE COLLECTION

CAUTION: The bottle may contain a preservative in the form of a pouch which may burn your skin. **DO NOT OPEN THE POUCH. DO NOT** remove the preservative from the bottle. Keep the bottle upright so it does not spill. Do not urinate (pee) directly into the bottle. Do not splash when pouring urine into the bottle.



KEEP OUT OF THE REACH OF CHILDREN. IF LIQUID IN BOTTLE IS SPLASHED OR SPILLED, WASH SPILL IMMEDIATELY WITH WATER.

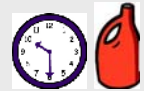
- **Throw out** your first urine sample. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the **START TIME**.
- Begin collecting urine samples in the bottle with the **next** time you urinate (pee). Do not urinate directly into the bottle.
- Save all the urine from each time you urinate for the stated time period.
- Collect the **last** urine sample at exactly the end of the timed period. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time and date on the collection bottle label. This is the **FINISH TIME**.
- **Put the bottle in a plastic bag and keep in a cool dark place** (e.g. refrigerator) during the time you are collecting and until you bring it to the laboratory.

EXAMPLE: TIMED OVERNIGHT COLLECTION

First Sample = 10:30 p.m. → **throw out.**
Write time and date on label beside **START TIME.**



Second sample → collect and pour entire sample into the bottle given to you by the laboratory.



Continue collecting and saving **all** urine samples for the number of hours of the timed collection.



Last Sample = 6:30 a.m. → this is the last urine sample; collect and pour into the container. Write time and date on label beside **FINISH TIME**



Important: If one of the urine samples is thrown out by mistake and not added to the bottle, the test must be started over. Call the laboratory at 770-3600 for further instructions.

- Clearly **label** the bottle with your **NAME** and **DATE OF BIRTH** as well as **START** and **FINISH** dates and times of the urine collection period.
- Bring the container to the laboratory the same day the test is finished. If the collection is done on a weekend, bring the bottle to one of the laboratories that is open on the weekend (see back of requisition.) Monday morning is okay if the container is kept cool. Hand the bottle to one of the laboratory staff; do not just leave it on the counter.

Questions? Call Laboratory Information Centre 770-3600