# LABORATORY PATIENT COLLECTION INSTRUCTIONS

## How to Collect a 24 Hour Urine Specimen for Creatinine Clearance

### Labelling the Specimen

Label the collection container with:
- Your (the patient) full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI), or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #).
- If you’ve been provided with a patient label, attach this label to the outside of the container.

### Lab Requisition

- **Print** the date and time the specimen was collected on your lab requisition
- **Fold** and place the requisition in the outside pocket of the resealable bag. **Do not** put the requisition in the bag with the specimen collection container.

### Collecting the Specimen

- **Throw out** your first morning urine specimen. 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 specimens in the bottle the next time you urinate (pee). Urinate into a clean dry plastic container and transfer the urine to the bottle. A disposable container called a “hat” can be provided. This is placed under the toilet seat to collect the urine.
- Save all the urine from each time you urinate for the complete 24 hour period. Close the lid securely and gently mix or invert the bottle after each urine specimen.
- Collect the **last** urine specimen 24 hours after your **START TIME**. Try to collect a urine specimen 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**.
- If you try to urinate at the **FINISH** time but cannot produce any urine, this is still an acceptable 24 hour urine specimen. Write this as the finish time on the label.
- 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:**

- First Sample = 7:00 a.m. → **Throw out**
  Write time and date on label beside **START TIME**.
- Second sample → Collect and pour entire urine sample into the bottle given to you by the laboratory.
  Continue collecting and saving **all** urine samples for the complete 24 hour period. Close lid securely and gently mix or invert the bottle after each urine sample is added.
- Last Sample = Next day at 7:00 a.m. → this is the last urine sample. Collect and pour into the bottle. Write time and date on the label beside **FINISH TIME**.

**IMPORTANT:** If one of the urine specimens is thrown out by mistake and not added to bottle, the test must be started over. Call the laboratory at 403-770-3600 for further instructions.

**NOTE:** A blood specimen will be collected for this test at time of urine container drop-off. CLS encourages you to make an appointment to avoid being processed as a walk-in patient. To book an appointment please go to www.calgarylabservices.com.

### Specimen Delivery to Lab

- Complete the date and time the specimen was collected on the requisition, under the 24 HR urine column.
- Bring the bottle and requisition to the laboratory the same day the test is finished. Hand both of them to one of the laboratory staff; do not just leave them on the counter.
- If the collection is done on a weekend, bring the bottle and requisition to one of the laboratories that is open on the weekend (see back of requisition). Monday morning is okay if the bottle is kept cool.