

## Laboratory Services

### 24 HOUR URINE COLLECTION

Your Doctor has requested a urine sample for examination. This test is very important to assess your health and will only give useful results if collected properly.

### 24 HOUR URINE COLLECTION

**Equipment:** *Clean urine catch container*

Urine 24 hour specimen container (with or without acid)

You will need a special bottle which may be obtained from the laboratory or collection room.

Some tests require acid to be in the collection bottle so please bring your test request form when collecting a bottle. If collection bottles do contain acid they will have a red label. Please take **extreme** care. Do not tip out or breathe the acid. Should acid contact your skin, wash with copious amounts of water.

When picking up a 24 hour urine container, please ensure the laboratory personnel has written your full first name, surname and date of birth, onto the label. If not completed please label it yourself.

Start the collection when you get up in the morning by **DISCARDING** the first early morning urine.

**DO NOT PUT THIS URINE INTO THE BOTTLE.**

**Note the time and date on the container.**

Collect in the bottle **all** the urine passed during the next 24 hours.

The next morning, at the same time as you discarded the urine on the previous day, empty your bladder and **add this urine to the bottle**. Note the actual time and date on the bottle, even if it is not exactly 24 hours later. Ensure that the bottle is labelled with your full first name, surname and date of birth. The 24 hour collection is then complete.

If all the urine won't fit into the bottle get a second bottle from the laboratory. The total volume is **MOST** important.

Deliver the complete specimen to the laboratory on the same day ensuring your full name and date of birth is visible and correct. Refrigerate if there is any delay.

**Central Hawke's Bay Health Centre Laboratory**

**Ph 06 858 7797 Ext 5553**

**Weekdays 7.30am – 5pm**

**(Collection hours 7.30am – 4:15pm)**

**Napier Health Centre Laboratory**

**Ph 06 834 1815 Ext 4142**

**Weekdays 8am – 5pm**

**Wairoa Health Laboratory**

**Ph 06 838 9710 Ext 4859**

**Weekdays 7.30am – 4.30pm**

**(Collection hours 7.30am – 3pm)**

**Villa 6 Hastings Hospital**

**Ph 06 878-1308 x 2648**

**Weekdays 8am – 5pm**

**REMINDER – is your container labelled with your full name and date of birth?**