

Equipment

1 Collection Bottle

Pre Test Preparation

The following should **NOT** be consumed for 48 hours prior to and during the urine collection period.

Ascorbic Acid	Vitamin C	Multivitamins
Spinach	Rhubarb	Chocolate

Collection Instructions

1. Empty your bladder into the toilet soon after getting out of bed in the morning and record the time (eg. 7.00am) and date on the bottle.
2. From now on collect every drop of urine you pass day or night for 24Hrs and pour into the bottle supplied.

We strongly advise that you avoid the contents of the bottle and suggest that you first collect your urine into another container (eg. ice cream container) and then pour into the bottle.

3. Next morning empty your bladder at exactly the same time as above and pour into the bottle supplied. Record the time and date of collection. This completes the collection.
4. The bottle should be kept in a cool place.
5. Bring container to the Collection Centre as soon as possible after finishing the collection.

Please note that if any urine is accidentally lost/spilt you must notify the collector when returning the sample.

Please telephone the Collection's Advisor on 02 9005 7121 if you are uncertain about any of these instructions.

For your nearest Laverty Collection Centre, please phone

Tel 02 9005 7000

www.laverty.com.au