



Equipment

1 Collection Bottle

Collection Instructions

Day 1
Commence low calcium diet (exclude milk and milk products).

On day 5 of diet commence 24 hour urine collection.

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.

On day 6 your appointment is
A normal breakfast apart from milk and milk products may be eaten unless otherwise instructed.

Please bring your 24 hour urine collection with you.
You will be required to remain at the collection centre for 4 hours

Important

The low calcium diet as instructed must be observed. If you have any queries please contact the nearest collection centre.

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

For your nearest Lavery Collection Centre, please phone

Tel 02 9005 7000

www.lavery.com.au

pathology matters. . .