



It is essential that urine specimens are carefully collected for accurate laboratory results. Please follow the instructions exactly. If you are unsure as to how to collect the specimen, ask our staff to explain.

Collection Instructions:

1. Pass urine into the toilet before going to bed at night and record the time on the bottle provided.
2. Collect all subsequent urine samples into the bottle, up to and including the final specimen, which is to be collected exactly 8 hours after commencing.

You should now have collected all urine produced within an 8 hour period.

3. The container should be kept in a cool place during collection.
4. Bring the bottle to your local Collection Centre within 4 hours of finishing the collection.