

Fasting 2 Hour Urine Test

Instructions

1. From 8:00pm the night before the test you may DRINK WATER ONLY. Do not eat or drink anything else.

2. On rising, pass all of your first morning urine into the toilet, as this specimen is not needed.

3. THE TEST IS TIMED FROM NOW

NOTE THE TIME: _____AM

4. Drink 2 large glasses of water

5. For the next 2 hours, collect every drop of your urine into the container provided.

6. Exactly two hours from the time you noted pass urine into the container if you can. If you cannot it does not matter.

THE TEST IS NOW COMPLETE

NOTE THE TIME: _____AM

Return the form along with your urine specimen to our collection centre as soon as possible – refrigerate the urine specimen (do not freeze) if there is any delay.