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User identification:



Centre intégré
de santé
et de services sociaux
du Bas-Saint-Laurent

Québec 

Status: Approved 2024-12-05
OPTI-DE-012 v2

User Instructions

24-hour Urine Collection

Clinical Department of Laboratory Medicine

OPTI-DE-012

You have been prescribed one or more 24-hour urine tests.

24-hour urine collection is used to measure various parameters enabling your healthcare professional to assess how well your kidneys and body are functioning.

This brochure explains the steps to follow. If you urinate a lot (more than two litres per 24 hours), ask for a second container.

MATERIALS REQUIRED

- Preservative-free, 24-hour urine collection container **OR**
- 24-hour urine collection container with preservative, which must remain in the container at all times



WARNING: The preservatives are toxic. They must be kept out of reach of children. Avoid contact with skin and mucous membranes.



Québec 

INSTRUCTIONS

- Do not take samples during your menstrual period. Wait until all bleeding has stopped.
- Collect urine samples before bowel movements.
- Keep the collection container refrigerated (4 °C) for the entire collection period.
- You must collect **ALL** your urine (micturition) during the 24-hour period.
- If you inadvertently lose some or all your urine, you will have to start over again.
 - For samples **WITHOUT** preservatives: Discard the urine and rinse the container with warm water only. Do not use soap, as it may falsify the results.
 - For samples **WITH** preservatives: Return to your point of service. They will give you a new container.
- Do not start urine collection on **FRIDAY** or **SATURDAY** because you have to return your container within 12 hours of completing the collection process.
We recommend urinating into a clean container, then transferring the urine into the orange container.

SPECIMEN IDENTIFICATION

If not already marked on the container, **clearly** write the following information on the label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- The start and end date and time of collection

STORAGE

- Be sure to close the container lid tightly.
- Keep your samples **refrigerated (4 °C)**.

RETURN OF SAMPLES

- Return your specimen to the place you were instructed to return it, i.e., the specimen collection centre at the hospital, the local point of service (LPS) or another location.
- Note that when you return the sample, your weight/height may be measured and another blood sample may be taken.
- When returning the samples, remember to bring **your hospital card** or RAMQ card as well as **your prescription, if necessary**.

Taking a sample

STEPS TO FOLLOW – 24-hour urine collection

1. **Flush the first** morning urine down the toilet.
2. **Note the date and time:**
3. This is the start of the collection period, even though you did not collect any urine in the container. **All urine** produced in the day, evening and night should be collected in the container until the following morning. The collection container may emit a strong odour. This is normal.
4. **Do not urinate directly into the collection container.** Use a clean, dry receptacle, then slowly pour the collected urine into the container. Rinse with warm water only between micturitions. **Do not use soap.**
5. If one container cannot hold all the urine, please go back for a second container.
6. The next morning, **at the same time**, i.e., 24 hours later, add your last urine to the previously collected urine. Do this even if you do not feel like urinating.
7. **Note the date and time:**
8. The collection process is complete.

Weight: _____ Height: _____

