

24-Hour Urine Collection Instructions

- Begin the collection in the morning by emptying your bladder and discarding the urine produced.
- Note the exact time.
- During the next 24 hours, collect all urine produced, using appropriate plastic containers available at the pharmacy. Containers other than those suitable for urine collection (such as plastic or glass bottles, etc.) will not be accepted.
- The collection should end the following morning at the same time it started and must include the urine produced during the final hour of collection.

Example: At 7:00 AM, empty your bladder and discard the urine. Then, collect all urine produced, including that produced at 7:00 AM the following morning. Therefore, the container(s) will, at the end of the 24 hours, contain the total amount of urine produced throughout the day (morning, afternoon, evening, and night).

- During the collection period, avoid exposing the container to light and temperatures above 10°C.
- Deliver all collected urine to the Blood Sampling Clinic along with this information sheet, completed and signed.
 - **Note:** This does not apply to patients arriving by plane or train, for whom it is acceptable to deliver a sample of at least 10 ml taken from the collection container, provided all urine has been mixed. The test tube should be labeled with the total volume collected over the 24 hours and the patient's signature.

SURNAME _____ NAME _____

DATE OF BIRTH ____/____/____ Weight (Kg) _____ Height (cm) _____

I, the undersigned (surname and name) _____, declare that I have followed the instructions provided in this information sheet.

Date ____/____/____ Signature _____