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24-Hour Urine Collection Instructions

On the selected day:

- **Label the container:** Write your full name and date of birth on the 24-hour urine container.
- **Choose a start time:** For example, 8:00 AM on 1 April. At this time, empty your bladder completely into the toilet (do not save this urine). This marks the beginning of the 24-hour collection period.
- **Record the start time:** Note the exact start time and date on the container.
- **Collect all urine:** For the next 24 hours (day and night), collect every urine sample in a clean container and then transfer it into the 24-hour urine container.
- **Important safety note:** Do not urinate directly into the 24-hour container. Some containers contain preservatives (such as acids) that may splash and cause harm. Always use a clean container first.
- **Finish the collection:** At the same time the following day (e.g., 8:00 AM on 2 April), empty your bladder into a clean container and add this final urine to the 24-hour container.
- **Record the stop time:** Write the stop time and date on the container.

If a sample is missed or spilled:

- The collection is invalid. You must obtain a new 24-hour container and repeat the process.

After completion:

- Deliver the container to the laboratory promptly.
- If blood tests are required, have them collected at the same time as your 24-hour urine sample.