

Health New Zealand Te Whatu Ora Waikato	Type: Procedure	Document Reference: PHL-48.06	Manual Classification: Phlebotomy
Title: Urine Specimens - Biochemistry			Effective Date: 20.09.2022
Authorised By: Maddie Fair	Document Location: Intranet	Page: 1 of 2	Document Review Date: 11.08.2026

24 Hour Collection:

- Arrange for a 24 hour urine bottle to be supplied from Biochemistry, with the correct preservative if required.
- Fill in preservative, or write "Nil" where appropriate. Sign/Initial 24 hour container.
- The laboratory has a chart of the correct requirements.
- Issue the patient with the correct bottle and a collection pot.
- Some bottles will contain acid as a preservative, it is important that the patient is aware of this. If the collection requires light protection, place bottle in brown paper bag.
- Point out the collection instructions on the bottle label.
- On return of specimens to the laboratory, check that the time and date details are filled in and that the bottle is labelled with the patients details.

Random Collection:

- The laboratory has a chart of the correct preservatives if required.
- If light protection required, wrap the pottle with foil – obtain from lab supplies.
- Label a urine specimen pottle with the patient's name, NHI#, DOB, and date.
- Ask patient to supply a urine sample, women may wish to use a urine boat to collect the sample in before transferring it to the specimen pottle.
- Ensure the lid is secure after collect and place in biohazard bag with the request form.
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Fasting Overnight Urine Collection (Method 1):

(Second Void Fasting Morning Urine - NOT suitable for DPD cross-links)

- Collect the appropriate random urine container from the laboratory.
- The patient should eat no food from 9.00 pm on the evening prior to the test.
- THE PATIENT MUST NOT HAVE BREAKFAST.
- Discard the first urine passed in the morning.
- Have the patient drink 500mL of water (approximately 2 cups).
- Collect the next urine passed in a random urine container or 24hr urine container.
- BE CAREFUL - THE CONTAINER PROVIDED MAY CONTAIN ACID.
- This is the end of the test. The patient can eat breakfast now.

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Overnight Urine Collection (Method 2):

(Second Void Fasting Morning Urine - Suitable for DPD cross-links)

- Discard the first urine passed in the morning.
- Collect the next urine into the provided container, before 1000 am.
- This is the end of the test.

Timed Overnight Urine Collection:

- Collect the appropriate container from the clinic you have attended or from the Laboratory
- On the night you decide to do the collection, before going to bed, PASS URINE INTO THE TOILET to empty your bladder. This is the starting time of your overnight urine collection. Write the start time and date on the request form and in the space provided on the container label.
- If you should pass any urine overnight COLLECT IT INTO THE CONTAINER.
- When you get up in the morning PASS URINE (to empty your bladder again) INTO THE CONTAINER TO COMPLETE THE COLLECTION. Write finish time and date on the request form and in the space provided on the container label.
- After completing the collection BRING THE CONTAINER TO THE CLINIC OR LABORATORY as soon as possible.
- If you forget and pass urine into the toilet during the collection period or spill any urine, IT IS IMPORTANT TO OBTAIN A NEW CONTAINER AND START AGAIN.
- Check that start and finish date and time are recorded.

Location of Hard Copies:

1. Waikato Hospital Phlebotomy Manual.
2. Tokoroa Laboratory & Phlebotomy Manuals.
3. Thames Laboratory & Phlebotomy Manuals.
4. Te Kuiti Phlebotomy Manual.
5. Taumarunui Phlebotomy Manual.