

24 Hour Urine Collection

How Do You Collect The 24 Hour Urine?

- Obtain the collection container from any ACT Pathology Collection Centre listed overleaf.
- Please bring your request form with you so that the laboratory staff can give you the correct container for the tests your doctor has ordered.
- The container has specific instructions on the label, please follow them closely.
- You start collecting urine in the morning when you get up.

What Do You Do?

- Go to the toilet and empty your bladder. **DO NOT COLLECT THIS SPECIMEN INTO THE CONTAINER.**
- Write the time (eg 7.00 am) and date on the container label along with the other details required (eg your full name). This is the beginning of the 24 hour collection period.
- From this time onwards, for the next 24 hours, put **ALL** of the urine you pass into the container. This **INCLUDES** the urine you pass the following morning. **THE LAST COLLECTION MUST BE AS NEAR TO THE SAME TIME AS THE DISCARDED SPECIMEN OF THE PREVIOUS MORNING.**
- Write the time and date of the last collection on the container label.
- Take care not to spill any of the urine during collection.
- Bring the container and request form to one of our collection centres listed overleaf as soon as possible.

Please remember, we are here to help you. For further information, please contact one of the collection centres listed overleaf.

ACT Pathology Collection Centres

- The Canberra Hospital - Ph 6244 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.15
- Calvary Hospital - Ph 6201 6270
Mon - Fri 7.30 - 4.30
Saturday 9.00 - 12.00
- Charnwood – Ph 6258 0787
Mon - Fri 8.00 – 4.15
- Gungahlin - Ph 6174 5264
Mon - Fri 7.30 - 4.30
Saturday 8.30 – 12.30
- Belconnen Health Centre - Ph 6205 1315
Mon - Fri 8.00 - 5.00
- O'Connor Shopping Centre - Ph 6262 7522
Mon - Fri 7.30 - 4.30
- Tuggeranong Health Centre - Ph 6293 4919
Mon - Fri 8.00 - 5.00
Sat 8:30-12.00