

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. 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.**
- Take care not to spill any of the urine during collection.
- Write the time and date of the last collection on the container label. At this time also record your full given and family name, DOB and postcode on the label.
- 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.

Phone 02 5124 2932 Fax 02 5124 2815
actpathology@act.gov.au
www.health.act.gov.au/services/act-pathology
Gilmore Crescent Garran ACT 2605 PO Box 11 Woden ACT 2606



ACT Pathology Collection Centres

- The Canberra Hospital - Ph 5124 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.15
- Gungahlin - Ph 5124 1135
Mon - Fri 7.30 - 4.30
Saturday 8.30 – 12.30
- Belconnen Health Centre - Ph 5124 1502
Mon - Fri 8.00 - 5.00
- Tuggeranong Health Centre - Ph 5124 1352
Mon - Fri 8.00 - 5.00
Sat 8:30-12.00
- University of Canberra – Ph 5124 0230
Mon – Fri 8.00-4.15

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