



<b>Patient Instructions</b>
-----------------------------

<b>Timed Urine Collection</b>
-------------------------------

**Caution: Handle with Care! This bottle may contain a preservative. (DO NOT DISCARD) DO NOT VOID DIRECTLY INTO THE BOTTLE. Use the cup provided, then transfer carefully into this bottle.**

Your doctor has requested an analysis of **all the urine you pass during the time period** marked [X]. In order to produce a meaningful laboratory test result, you **must** follow these instructions **exactly**.

- 24 hours, for example from 8 a.m. today until 8 a.m. tomorrow.
- 12 hours, for example from 7 p.m. today until 7 a.m. tomorrow.

### Collection Instructions

1. When you start, urinate into the toilet until your bladder is empty. Do **not** save this specimen. Write the **DATE** and **TIME** your bladder was emptied on the collection bottle provided.  
This is the START TIME.
2. After this, collect each urine specimen into the cup provided and transfer immediately to the collection bottle. Do **not** spill any urine. **Refrigerate or keep the bottle in a cool place.**
3. At the END of the timed period indicated above, collect and add the last specimen to the collection bottle. Write the **DATE** and **TIME** on the collection bottle.  
This is the END TIME.
4. Bring the collection bottle to the laboratory as soon as possible, preferably the day the collection is completed.

If you need an additional collection bottle and cannot obtain one from LifeLabs, we recommend that you:

1. Obtain a 2 L container. (for example a 2 L water bottle) - **Do Not** use bleach containers or any other household cleaning containers.
2. Ensure to empty and rinse out container thoroughly x 3 with tap water.
3. Pour in contents of urine collection bottle until full.
4. Continue using provided urine collection bottle as before.
5. Repeat with additional 2 L container(s) if necessary.