

24-hour urine collection at home

For the success of the test, it is important that you eat and drink normally unless otherwise instructed. All urine passed during 24 hours must be collected.

By following these instructions you will receive the most reliable results possible. If you have deviated from the instructions, please tell the person who accepts your sample.

Collection equipment

Laboratory personnel will provide you with one (or two) collection container(s) for the collection.

Urine collection

Empty your bladder into the toilet at a time convenient for you, e.g. at 7:15. **THIS URINE IS NOT COLLECTED**, but write the time down, since it marks the beginning of the collection. Start of collection (bladder was emptied).

Date _____ Time _____

THE COLLECTION BEGINS FROM THIS TIME. Collect all urine passed during the next 24 hours in the collection container. You must take care not to lose any urine in connection with defecation. No excrement or paper must enter the collection container.

Until you return them to the laboratory, store the collection container(s) in a dark, cool (refrigerator temperature) place with the lid on. The sample must not freeze. Continue the collection into another container if necessary.

Empty your bladder into the collection container for the last time exactly 24 hours after beginning the collection. Write the time down.

Date _____ Time _____

After collection

For the identification of the sample, it is crucial that you affix to each collection container a label marked with your **name, personal identity code and the start and end times of the collection**. The laboratory cannot examine samples with inadequate markings. Please return your urine sample to the laboratory as soon as possible.

If you have any questions, please call the customer service, tel. +358 9 471 86800
Mon–Fri 7:30–15:30 (laboratory test results will not be given by telephone).