

## DESCRIPTION :

Your doctor has prescribed a 24-hour urine collection. This test is used to measure certain markers to establish a diagnosis, choose a treatment (*if necessary*), or monitor your kidney function.

## YOU WILL NEED:

(Canister for urine collection)



(Plastic container / hat)

## IMPORTANT TO KNOW:

There are SEVERAL DIFFERENT tests for analyzing 24h urine. It is very IMPORTANT to KNOW the PRODUCT (*preservative*) that may have been ADDED INSIDE the CAN (*during the preparation in the laboratory*), sometimes it can be CORROSIVE and DANGEROUS. This is why you should never urinate directly into the container, preferably you should use a clean plastic container (*hat*) for the transfer of urine, this way you will avoid any risk if incidents or accidents (*which could have serious consequences*).

## ON THE LABEL:

1. Write CLEARLY your: SURNAME, First Name
2. Write CLEARLY your: RAMQ number / Expiry date.
3. Write CLEARLY your: HEIGHT & WEIGHT (actual)

*(The REAL weight is very important, because the laboratory must indeed make specific calculations in relation to the quantity of urine collected to establish the best diagnosis / treatment / or follow-up for you.)*

Preferably, we suggest that you START the collection of your urine upon WAKING UP, because it will allow you to END the collection at the SAME time the NEXT morning (*perfect for returning the container within the hours recommended by the laboratory*).

## UPON AWAKENING:

4. Urinate directly into this THE toilet BOWL and completely empty the bladder, then...
5. Write CLEARLY: Date & Time (*on the label of the orange container and on the back of the request in the space provided for this purpose*) in the "BEGINNING" section. It is now the BEGINNING of the collection. Even if you have not yet collected any urine in the container because the latter must be DISCARDED but the START TIME must be CONSIDERED.

For ALL the next URINES collected, they must be RECOVERED in the following way and this until the next morning SAME time.

6. Lift the lid and the toilet bowl seat and place the transparent container (*hat*) directly on the bowl and close the bowl seat over it (*hat*), then...
7. Urinate directly into this container and completely empty the bladder, then...
8. Unscrew and open the lid of the orange container and then pour the collected urine (*into the hat*), taking care not to make any splashes, (*DO NOT RINSE the HAT BETWEEN URINE*) then...
9. Tightly close the lid on the container to prevent accidental spills.
10. Wash your hands thoroughly.
11. Place and store the container in a cool place, preferably in the refrigerator.

#### THE FOLLOWING DAY:

12. At the EXACT collection START time, You must URINATE, collect your urine one LAST time.
13. Write CLEARLY: Date & Time (*on the label of the orange container and on the back of the request in the space provided for this purpose*) in the "END" section. This is what determines the "END" of the collection.

#### IMPORTANT :

Do this even if you don't feel like urinating. Because the few drops of urine that you could collect in this last step could make the difference in the total result of this collection.

14. Close the lid tightly on the container to prevent accidental spills.
15. Wash your hands thoroughly.
16. Place and store the container in a cool place, preferably in the refrigerator.

#### ATTENTION :

KEEP in the refrigerator until the container is returned (*containing your urine collection from the last 24h*). This must be returned within 12h of collection.

Be sure to bring or have your REQUISITION and your RAMQ (*Health Insurance*) card, as the laboratory may REFUSE any samples that DO NOT COMPLY with the instructions listed above.