

## 24 Hour Urine Test

With any medical test it is important that other factors do not interfere with your test result. Please read and follow these instructions carefully.

You must use the collection bottle provided by your doctor or the IMVS. Bottles can be collected from any IMVS Collection Centre, locations are listed on the back of your IMVS Request Form.

*Do not* discard or touch any fluid or crystals in the bottle.  
*Keep the lid on tight.*

### ***Collecting the specimen***

Drink your normal amount of fluids during the 24 hour period.

1. Day 1
  - a. When you get up (eg 7:30am) pass urine into the toilet
  - b. *Do not collect this specimen*
  - c. Write the *date*, time your *name* and *date of birth* on the bottle label.
  
2. During the day – *collect all urine*
  - a. Use a clean plastic container
  - b. Pour the urine into the collection bottle
  - c. Store the specimen in a cool place
  - d. Rinse the plastic container after each use
  
3. Day 2
  - a. At the *same time* as Day 1 (eg 7:30am)
  - b. Pass urine and collect it
  - c. Add it to the collection bottle
  - d. Write the *date* and *time* on the label.

### ***Delivering the specimen***

Deliver the specimen *promptly* to your nearest IMVS Collection Centre.

### ***Your results***

Your doctor will advise you when results are available.