



## URINE TEST | 24-HOUR COLLECTION (ONE DAY)

Your prescriber has asked you to collect your urine over a period of 24 hours. This test is used to screen for certain health problems or diseases and helps to identify a treatment. The 24-hour urine collection period usually begins on the morning of the first day and ends the next morning.

### EQUIPMENT REQUIRED

- A 3-litre container to store your urine (with or without preservatives).
- A clean, dry plastic container you have at home.



Photo for reference purposes

### HOW TO COLLECT A SPECIMEN

1. On the morning of the collection, do your first morning urination in the toilet bowl, completely emptying your bladder. Immediately note the time and date on the container label (e.g., September 8, 2020 - 7:30 a.m.). This marks the beginning of the collection period, even if you have not yet put the urine into the container. From this moment **and for the next 24 hours**, pour all of your urine into the container (day, evening and night).
2. Urinate into a dry, clean container, and then carefully pour your urine into the designated container. **Never urinate directly into the container provided.** Do not forget to keep the container in the refrigerator (4 °C) during the collection period.
3. If you reuse the same container for other collections, rinse it with hot water only and allow it to air dry. Never use soap or other detergents to clean the container as doing so can alter the test result.
4. The next morning, at the same time as the first collection, collect your urine for a final time and pour it into the container. Do so even if you do not have the urge to urinate. Make sure you completely empty your bladder.
5. Close the lid.
6. Write the time and date of your final collection on the label of the designated container (e.g., September 9, 2020 - 7:30 a.m.). The collection period lasts exactly 24 hours and must begin and end at the same hour.

### INSTRUCTIONS

- If you need to follow a diet for this test (acid 5-HIAA detection or hydroxyproline assay) **OR** if you were given a container containing a preservative (acid), first read the folders provided with the container before collecting your urine.
- Keep your 3-litre container in the refrigerator (4 °C) during the collection period.
- If you have your period, postpone the urine collection until it has ended.
- If you forget to collect your urine even once during the collection period, you must start the entire process over.
  - If a preservative (acid) has been added to the container, you must obtain a new container.
  - If your container does not contain a preservative, empty it, rinse it in hot water only, allow it to air dry, and start the urine collection process over again. Never use soap or other detergents to clean the container as doing so can alter the test result.
- **The collection process must be completed in exactly 24 hours.** It must end at the same time that it began; otherwise, the specimen will be rejected and you will have to start over.
- You must return your container within 12 hours after ending your collection.
- Be careful not to contaminate your urine with stools or toilet paper.

## LABELLING THE CONTAINER

- Make sure the following is labelled on the container:
  - your last name and first name;
  - your medical insurance number (RAMQ);
  - the sample type and site, when applicable (i.e. urine).
- Write the **DATES AND TIMES** of the beginning and end of the collection period on the designated label, taking care not to write on the bar code.
- Note the hours as follows:
  - 11:59 p.m. to indicate midnight;
  - 8:00 a.m. to indicate the morning.
- Make sure that all of the information is exact, clear and legible.
- Samples that do not contain all of the information will not be analyzed in the laboratory.

## WHEN AND WHERE TO RETURN YOUR URINE SAMPLE

- To guarantee the quality of the test, return your container in a sealable waterproof bag at room temperature within a maximum of 3 hours immediately after completing your 24 hours urine collection.
- If you cannot return your container within this deadline, keep it in the refrigerator (4°C) and return it within a maximal delay of 12 hours. Do not put your container in the freezer.
- Remember to bring the prescription given to you by your prescriber, if applicable.
- Put your container bag in a second bag and insert your prescription.
- Return your container to a CIUSSS de l'Estrie – CHUS collection centre. To learn more about locations and business hours, visit [santeestrie.qc.ca/sampling](https://santeestrie.qc.ca/sampling).

## DO YOU HAVE ANY QUESTIONS?



[santeestrie.qc.ca/sampling](https://santeestrie.qc.ca/sampling)



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Speak to your prescriber.

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[santeestrie.qc.ca](https://santeestrie.qc.ca)

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