

## 24 HOUR URINE PATIENT INSTRUCTIONS

This test is to determine how much of a particular substance (e.g. calcium, protein, sodium, hormones or other products) your body passes in the urine in an exact 24 hour period.

**IT IS VERY IMPORTANT TO COLLECT ALL THE URINE YOU PRODUCE IN AN EXACT 24 HOUR PERIOD**

**It is important to follow these instructions carefully to ensure your test results are accurate.**

### Preparation

- Obtain the correct bottle from a laboratory collection room.
- If more than one 24 hour collection is requested specific instructions will be given by staff.
- The bottle may contain an acid preservative.
- If acid accidentally spilt, immediately use plenty of water and soap to wash thoroughly.
- Keep the container upright and out of reach of children.
- **DO NOT PASS THE URINE STRAIGHT INTO THE BOTTLE.**

### Collection Procedure

1. To start the collection, empty your bladder completely, passing all the urine into the toilet and flush away.
2. This is the **START TIME**. Write this time and the date in the space on the label.
3. From then on all the urine you pass during the day and night for 24 hours must be collected and put in the bottle.
4. If you spill any urine, or forget and pass it into the toilet, you must get a new bottle and start again.
5. If you empty your bowels, collect urine first so it is not lost or contaminated.
6. **Exactly 24 hours** from the start time, empty your bladder. This urine **must go into the bottle** (e.g. if you started at 7.00am Tuesday you must finish 7.00am Wednesday).
7. Write the **FINISH TIME** and **DATE** on the bottle label. Make sure your **NAME** and **DATE OF BIRTH** is on the bottle.
8. Put the lab request form in the outside pocket of the plastic bag and the urine bottle inside the bag and seal the top. Place all this inside the Black Plastic bag and deliver to laboratory on the same day.
9. **Ensure a copy of the request form is with each specimen.**

*Your results can only be obtained from the requesting doctor*

If you have any problems, please contact one of the following:

Waikato  
07 858 0799

Bay of Plenty  
07 578 7073

Whakatane  
07 306 0906

Rotorua  
07 348 2106

Taupo  
07 376 5103  
07 376 1045

## NGA TOHUTOHU MO TE KOHI TIPAKONGA MIMI MO TE RUA TEKAU MA WHA HAORA

(Patient instructions for the collection of 24 hour Urine)

Ko tenei whakamatautau hei rangahau mena he matu (ara he konupuma, he pumua, he konutai, etahi atu mea ranei) e puta mai ana i roto i tou mimi ia rua tehau ma wha haora.

### HE TINO WHAKAHAU KIA KOHIA KATOATIA OU MIMI I TE TIMATANGA ME TE WHAKAMUTUNGA O NGA HAORA E RUA TEHAY MA WHA.

**Kia ata tika ano te whai i enei tohutohu kia tika ai nga hua whakamatautau mou.**

#### Te Whakarite:

- Tikina te paepae tika i te taiwhanga putaiao.
- Mena ka maha ake nga kohinga mimi e hiahia ana ia rua tekau ma wha haora, ma nga kaimaki e whakamarama atu i nga tohutohu.
- Tera pea he waikawa kei roto i te pounamu.
- Mena ka maringi te waikawa ata horoia ki te wai me te hopi.
- Kia tika te whakatau i te pounamu, kaua hoki e pa te ringa tamariki.
- KAUA E MIMI TOTIKA ATU KI KI ROTO I TE POUNAMU

#### Te Momo Kohi:

1. Hei timata i te kohinga, mimia katoatia tou mimi ki roto i te putanga hamuti, a tukuna kia ngaro.
2. Ko tenei te WA TIMATA. Tuhia tenei wa me te ra ki runga i te tapanga.
3. Atu i tera wa kohia katoatia ou mimi ki roto i te pounamu mo te ra me te po mo nga haora e rua tekau ma wha.
4. Mena ka maringi he wahanga mimi, ka wareware ranei koe ki te mimi i roto i te putanga hamuti me mate tiki ano koe i tetahi atu pounamu, ka timata ano.
5. Mena ka hiahia tiko koe, kohia tou mimi i te tuatahi kia kore ai e ngaro, e kino ranei. E mimi ano a te rua tekau ma wha o nga haora mai i te timatanga.
6. Ringihi hoki tenei mimi ki roto i te pounamu (ara, mena i timata koe i te whitu o nga haora i te ata o te Turei me mutu a te whitu o nga haora i te ata o te Wenerei)
7. Tuhia te WA WHAKAMUTUNGA me te ra i runga i te tapanga o te pounamu. Kaua e wareware i tou INGOA te pounamu.
8. Kuhuna te pepa tono o te tanwhanga putaiao ki roto i te pukoro i waho atu o te kopa kirihou me te pounamu mimi ki roto i taua kopa, a, katia a runga. Kuhuna katoatia entei ki roto i te kopa pepa parauri, a, haria atu ki te taiwhanga putaiao i taua ra tonu.
9. Kaua e wareware ki te tuku mai i te pepa tono mo ia tipakonga.

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