

INSTRUCTIONS FOR 24-HOUR URINE COLLECTION FOR A PATIENT

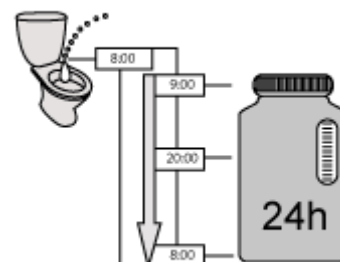
Your physician will decide whether it is necessary to test your urine. You will receive a referral and a sample container from the physician who prescribed the test, a nurse, or a laboratory employee.

Preparations for collecting a urine sample:

- you may eat and drink normally, unless instructed otherwise.

Collecting the urine sample:

- wash your lower body 1–2 times a day or as needed. It is not necessary to wash each time before urinating;
- empty your bladder into the toilet bowl and write down the time of urinating – this will mark the beginning of collecting urine;
- collect all further urine into the sample container over the course of 24 hours;
- finish collecting urine on the following day at the same time when you started collecting urine;
- make sure that your **name and personal identification code** are indicated on the sample container;
- write down the **dates and times** of collecting urine.

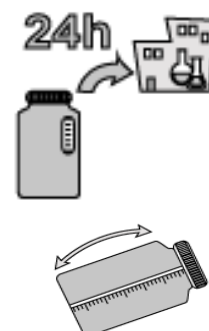


Delivering the sample to the lab

Having finished collecting the sample, bring the sample container with urine and the information about the collection process to the reception of the laboratory.

Depending on the analyses ordered:

- 6 M HCl* preservative is added to the container by a laboratory employee and the sample container must be gently mixed after urine collection;
- keep the sample container in a dark place, protected from light during collection and transport;
- store the sample container in a refrigerator at 2...8 °C.



Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at www.regionaalhaigla.ee or by calling **617 1300**.

*First aid in the case of coming in contact with 6M HCl

Body – immediately remove any clothing which has come in contact with the substance, wash the area with plenty of water and soap.

Eyes – rinse with plenty of clean water for 10–15 minutes and seek medical attention.

Mouth – drink plenty of water and seek medical attention. **Please note! Do not induce vomiting!**

North Estonia Medical Centre J. Sütiste tee 19 13419 Tallinn

The patient instructions have been approved by the laboratory of the North Estonia Medical Centre (2021)



PLEASE FILL OUT AND HAND OVER TO THE EMPLOYEE AT THE RECEPTION OF THE LAB WITH THE SAMPLE CONTAINER

The **start date** and **time** of collecting urine

The **end date** and **time** of collecting urine

The **amount of urine**ml