

8 Hr Overnight Urine Collections

Equipment

1 Urine Collection Container

Instructions for Collection of 8 Hour Overnight Urine

Collect ALL urine produced within an 8 hour period

1. We strongly advise that you avoid the contents of the container and suggest that you collect your urine into another container (e.g. clean ice cream container) and then pour into the urine container.
2. Empty your bladder into the toilet just before bedtime and record the time e.g. 10:00pm and date on the container provided.
3. Collect all subsequent urine samples into the container, up to and including the final specimen, which is to be collected 8 hrs. later e.g. 6:00am.
4. Record the starting and finishing date and time of collection on the container.
5. The container should be kept in a cool place during collection.
6. Bring container to the Collection Centre within 4 hours of finishing the collection.

Please note that if any urine is accidentally lost/ spilt you must notify the collector when returning the sample. Please telephone the Chemical Pathologist on 02 9005 7000 if you are uncertain about any of these instructions.