

### **Test Preparations:**

- **DO NOT** proceed with testing if you are menstruating as this may contaminate the sample.
- If you are experiencing a urinary tract infection, delay collection of specimen until after completing treatment and wait 5 days.
- Note down on the request form if you are taking hormone medication by advising hormone type and application i.e. progesterone cream.

### **If this a hormone collection:**

- **Premenopausal women:** If the goal is to evaluate ovulatory function, collect urine between days 19 and 25 of the menstrual cycle.
- **Menopausal women:** Collect specimen on any day.
- **Women on Hormone Replacement Therapies or oral contraceptives:** Please follow recommendations by your healthcare practitioner. However, if no recommendations have been provided then continue dosing as usual (once or twice daily). Avoid dosing a third time while urine is still being collected.
- **Follow-up testing:** Collect the specimen on the same day of cycle or phase of hormone therapy as the previous sample

# 24 HOUR URINE Collection Instructions

### **COLLECTION REQUIREMENTS**

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the collection procedure for this specimen.

### **KIT CONTENTS**

Please check the contents of this kit. If items are missing OR you have any questions regarding this kit, please contact our Customer Service on 1300 688 522.

|                                   |                             |
|-----------------------------------|-----------------------------|
| 1 x Collapsible 24 hour urine bag | 1 x Padded post envelope    |
| 1 x 50ml screw cap container      | 1 x Request form            |
| 2 x Urine monovettes (yellow)     | 2 x Adhesive stickers       |
| 1 x Specimen transport bag        | 1 x Collection instructions |

### **SPECIMEN COLLECTION**

1. Begin the 24 hour collection by emptying your bladder of urine into the toilet (*preferably first thing in the morning when you wake up*). You may note the time here \_\_\_\_\_ as this is the starting time of the 24 hour urine collection. *i.e. starting time 8.00am*
2. For the next 24 hours, collect all subsequent urine into the collapsible 24 hour urine bag. Females may use the additional 120ml plastic cup provided to collect urine and then carefully transfer the urine into the collapsible 24 hour urine bag after each urine collection by pouring the urine into the bag.
3. The following morning collect all urine including the first morning urine into the 24 hour urine collapsible bag. Continue to collect urine until you reach your 24 hour period of collection which is the noted time on the previous day. This will complete your 24 hour urine collection.

4. After your 24 hour urine collection, hold the collapsible bag up from each corner and **accurately read the total urine volume collected** from the graduated scale on the bag.
5. **NOTE THE TOTAL URINE VOLUME ON THE REQUEST FORM.**
6. Mix the urine vigorously in the bag so that the urine has been well mixed. Pour at least 40mls of urine into the 50ml screw cap container prior to proceeding to step 7.
7. Assemble the two yellow urine monovettes as per the attached diagram. Collect 10ml of urine in each urine monovette from the 50ml screw cap container which is a sample from the 24 hour urine collapsible bag. Seal the urine monovettes as illustrated in the diagram.
8. Complete details on the two adhesive stickers with the following information: **(Full name, date of birth, date of collection & TOTAL URINE VOLUME i.e. 2000mls)** Place a sticker on each of the yellow urine monovettes.
9. Place the two yellow urine monovettes in the re-sealable section of the specimen transport bag and close the bag by press sealing the bag removing any air pockets that may form in the bag as you seal it. Place the two samples in the freezer until ready to send to the laboratory.
10. Discard the urine from the 24 hour collapsible bag and 50ml container.
11. Ensure that your NutriPATH request form has been correctly filled out by ensuring all patient information is correctly stated. This includes, full patient name, date of birth, residential address and telephone number.
12. Complete the 'NutriPATH Patient Checklist Form' to ensure no delays in test results.
13. When ready to send samples, remove the specimen bag from the freezer and place the request slip into the open pocket of the specimen transport bag.
14. Place the specimen transport bag into the Express Post reply paid envelope and post back to NutriPATH that same day.

## URINE MONOVETTE COLLECTION INSTRUCTIONS

