

Annexe F - Urine collection over 24 hours

You have been prescribed a test that requires you to collect your urine over 24 hours. This reminder will guide you through the steps of this collection process.

What is the purpose of this test?

This test enables us to detect/monitor certain diseases and, in some cases, to assess the function of your kidneys.

Where should I go to get a collection cup?

Go to the **Centre de Prélèvements de St-Jérôme** at 480, 5^e Rue, J7Z OH6 between 7:30 AM and 2:30 PM from Monday to Friday, except on holidays.

Please take a ticket for Autres (Retour/Cueillette de contenant) from the ticket dispenser located at the entrance.

Precautions:

- **Keep the orange cup in the refrigerator** over the entire collection process and after collection is completed (until you bring it back to the Centre de prélèvements).
- Place **all** urine produced **over a 24-hour period** into the orange cup, otherwise results will be incomplete and you will need to start over the collection process.
- Please make sure that your urine is not contaminated with stool or toilet paper.
- It is advisable to postpone urine collection if you currently have your period.
- If a **creatinine clearance** is requested, a **blood sample** will need to be taken upon returning the collected urine.
- If a urinary porphyrine test is requested, protect the cup from light (place aluminum foil or brown paper bag over the collection cup).

*****Be careful not to tip the cup over because the cup lid does not seal hermetically.*****

What should you do after you have collected all samples?

- You have **48 hours** to bring your orange container, duly identified, back to the **Centre de Prélèvements**, at 480, 5^e rue, St-Jérôme, J7Z OH6 **between 7:30 AM and 2:30 PM**, Monday to Friday except holidays.
- Please take a **AUTRES (Retour/Cueillette de contenants)** from the dispenser at the entrance. **Do not forget to bring your request(s) for sample(s) and your medical insurance card.**

Médecin :

de pratique

Clinique :

RAMQ

Analyses requested:

_____	_____
_____	_____
_____	_____

For creatinine clearance, specify **WEIGHT** : _____ kg et la **HEIGHT** : _____ cm

How should you proceed to the urine collection?

Caution: If you are reusing the same container for collecting your urine before transferring it to the orange cup, simply **rinse it under warm water**. Do not use any soap because this would alter test results.

1. On the cup label, write down:
 - Your first and last names
 - Your medical insurance card number (RAMQ)
2. **Urinate into the toilet bowl** and completely empty out your bladder. Immediately write down the date and time.

Date _____ **Time** _____

This is the beginning of the collection, even though you have not yet deposited any urine into the cup. The 24-hour count down has begun.

3. Over the next 24 hours, **deposit all other urines** (day, evening & night) into the orange cup. To do so, **urinate into a clean, dry container** (if the orange cup contains a preserving medium), then transfer the collected urine into the orange cup.
4. **The next day, at the precise time** that you started your collection the previous day, you must collect your urine one last time.

Date _____ **Time** _____

Important: Do it even if you do not feel a strong need to urinate. **Write down the date and time on the request form.** This marks the end of collection.

Example of the collection procedure

If you begin collecting on Sept. 15 at 11:25 AM, then you must finish collecting on Sept. 16 at 11:25 AM. The start time does not matter in itself. You must only respect the 24-hour collection period.