

# Timed Urine Collection

## (Microalbumin)

**Your doctor requires you to collect urine over a period of \_\_\_\_\_ hours.**

**IF OVERNIGHT COLLECTION IS REQUIRED, THIS IS USUALLY COLLECTED OVER A PERIOD OF APPROXIMATELY EIGHT HOURS, COMMENCING WHEN YOU RETIRE TO BED.**

- At the starting time, empty the bladder into the toilet and record the starting time
- Collect all urine over a designated period of collection
- For the entire time of collection, all urine must be passed directly through the funnel into the bottle provided
- Record name and start and finish times on the bottle label
- Keep urine refrigerated during collection
- Ensure that the cap is screwed on firmly before returning the bottle to the collection centre.

**AN EXAMPLE OF AN 8 HOUR COLLECTION:**

**10.00PM (DAY 1)**

Empty bladder and discard the urine into the toilet. Pass all urine for the next 8 hours into the bottle.

**6.00AM (DAY 2)**

Next morning, empty bladder into the bottle. This will complete the collection.

**PLEASE NOTE:** 8, 10 or 12 hours is usually an adequate and convenient period of collection but will depend on the specific requirements outlined by your doctor.



**Staff and patients need to work and be cared for in a safe environment. Violence and verbal abuse will not be tolerated.**

**FOR COLLECTION CENTRES & OPENING HRS, VISIT [QML.COM.AU](http://QML.COM.AU)**