

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.

FOR A FULL LIST OF OUR COLLECTION CENTRES AND OPENING HOURS, VISIT QML.COM.AU