

INSTRUCTIONS FOR COLLECTION OF TIMED URINE SAMPLES

For proper evaluation of tests on a timed urine sample, it's important that a complete and accurate collection be made.

Drink at least your normal quantity of daily ingested fluid. Do not drink any alcoholic beverages.

1. Empty your bladder when you get up in the morning
(_____ a.m., _____) and discard the urine.
Date Time
2. From then on collect in a clean container all urine you pass during the day and night.
3. Make your final collection when you empty your bladder the next morning at the same hour (_____ a.m., _____).
Date Time
4. Keep the collected urine refrigerated, if possible, and bring it to the laboratory as soon as possible after the collection is complete.
5. Avoid the following 4-5 days prior to and during collection: Avocados, Bananas, Eggplant, Pineapple, Red Plums, Tomatoes, Cough medicine (containing Glycerol), Alcohol, Coffee, Tea, Tobacco, Strenuous exercise.
DO NOT DRINK ALCOHOLIC BEVERAGES

WARNING: This container may contain a preservative which may be harmful to the skin. If spillage occurs on the skin, wash areal thoroughly with cool water.

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