

## COLLECTION INSTRUCTIONS: TIMED URINE SPECIMENS

Your physician has asked that you collect a timed urine test. If you have any questions after reading this information, please call 320-231-4500. **READ ALL** the instructions before beginning collection.

**WARNING:** This container may contain a strong chemical preservative. Do not empty the preservative out. Identification of the preservative may be found on the collection container. These preservatives may:

- A. Cause burns or skin irritation.
- B. Be harmful if swallowed - **DO NOT TAKE INTERNALLY!**
- C. Do not get the chemical in your eyes, on your skin, or on your clothing.
- D. Wash hands thoroughly after handling the container.
- E. Rinse any spills with water. If blisters develop, see your physician.

1. Store the urine collection container at refrigerated temperature, **unless** a preservative has been added, then you may store it at room temperature.
2. To begin the collection process, urinate into the toilet (without collecting the urine). Write the precise time and date of this voiding on the collection container label.
3. From then on, collect and place all urine into the collection container. **ALL** of the urine passed during the specified collection time must be placed into the collection container. At the end of the specified time period, again empty your bladder, and place the urine from this final voiding into the collection container.
4. Normal intake of fluids is advised during the collection period. Alcohol, however, should be avoided.
5. Return the collection container to the laboratory as soon as possible after completion making sure that your first and last name and your date of birth are documented on the container.