

Nephrology Outpatient Department

Collection of 2 x 24 hours of urine / patient information

Start collection two days before your lab appointment.

Please collect the urine in 2 urine collection containers. You can obtain these from us, your GP or a pharmacy. These containers each hold 3 litres. The first container should contain urine from the first 24 hours, and the second container should contain urine from the next 24 hours. Please do not add any preservatives (which may have been provided by your doctor or pharmacist) to the urine.

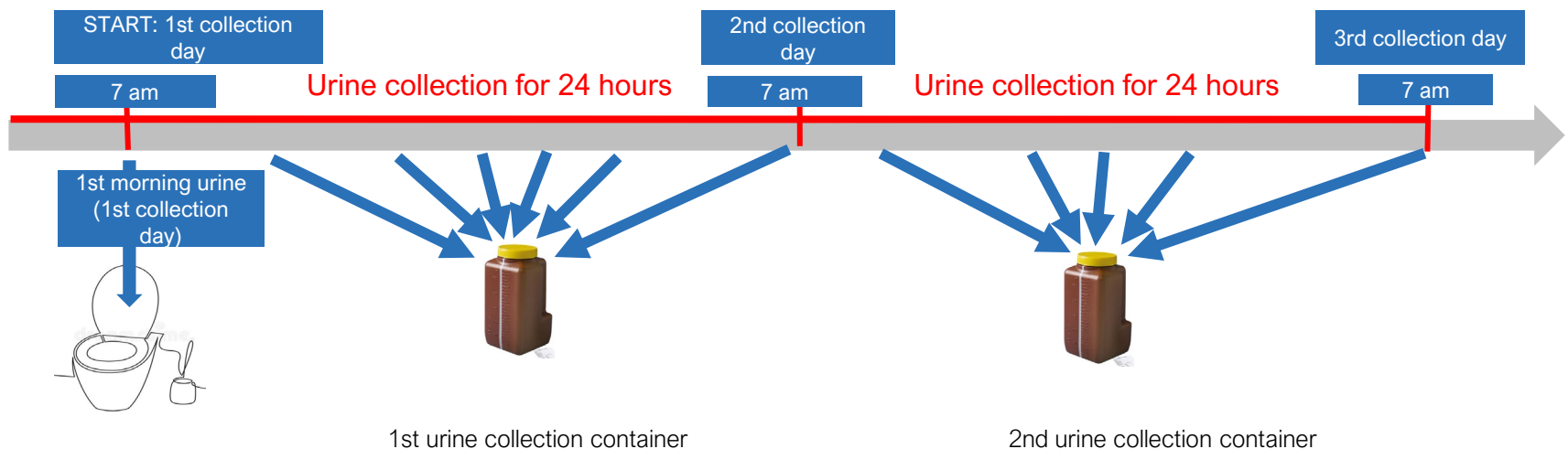
Procedure (Example: wake up at 7 am on the first day of collection and go straight to the toilet.)

Dispose of the first morning urine of the first collection day (in this example at 7 am) in the toilet. From this point on, collect all urine (completely) for the next 24 hours, including overnight.

On the second collection day, empty your bladder again at the same time in the morning as the day before (in our example at 7 am). This urine should still be collected in the first urine collection container. Now write on the container from when to when you collected the urine and store it in a cool, dark place.

From this point on, any additional urine for the next 24 hours will be collected in the second collection container.

On the third collection day, empty your bladder again at the same time in the morning as on the previous days. This urine should also be collected in the second urine collection container. The collection is now complete. Also note on the second container from when to when you collected the urine.



The urine should be stored in a cool, dark place during the collection period.

Please bring the two 24-hour urine collection containers with you to your appointment. If you have any questions, please call 041 205 51 88.