

Timed Overnight Urine Collection

(part of diabetic monitoring)

Patient Information Sheet

You will require a chemically clean urine container available from the Laboratory or your Doctor's Surgery.

On the evening collection is started, empty bladder prior to retiring and discard this urine. Note this time and date on label of container as “**collection started**”. From that time ALL urine passed overnight is collected, INCLUDING the first urine passed the next morning on arising. Note “**collection finished**” (date, time) on outside (label) of container.

It is important that the WHOLE of the urine samples be saved and NONE be discarded. As faecal matter will make the specimen unacceptable for collection, you should urinate prior to a bowel movement.

The entire collected urine specimens should be refrigerated during the collection period, with each specimen added overnight. You may find it more convenient to pass the sample into a plastic jug, then pour into urine container.

A normal intake of fluids during the collection period is desirable.

On completion of collection, ensure your full name, date of birth and the Requesting Doctor is on the outside of the container before delivery to the Laboratory, Collection Centre or Doctor's Surgery.