

# 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.

### Example Timed 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.



Staff and patients need to work and be cared for in a safe environment. Violence and verbal abuse will not be tolerated.

### Find a collection centre.

For a full listing of all TML Pathology collection centres and their operating hours, please scan the QR code with your smart phone or visit [tmlpath.com.au](http://tmlpath.com.au).

