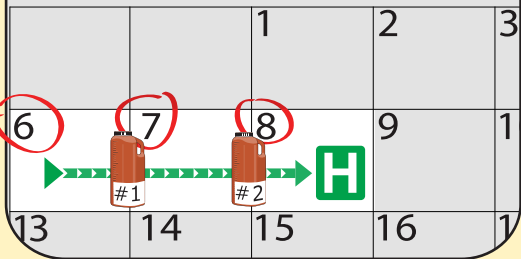


How to do a 48-Hour Urine Collection

You have 2 bottles for your 48 hour urine collection. Once you have completed the collection, please go to the hospital for a blood test and drop off your two bottles. **Use this form to help you plan how to do your collection.**

1 Your 48-hr collection will take place over 3 days.

Sat. Sun. Mon. Tues.
Sam. Dim. Lundi Mardi



Choose 3 days **in a row**. Your **3rd day** must be a **weekday** so that you can go to the hospital **Test Center**.

For your 3rd day, **avoid** the following hospital holidays:

One Monday in February: _____
 Good Friday
 Easter Monday
 Victoria Day
 Jean Baptist Day
 Canada Day
 1st Monday in August
 Labour Day
 Thanksgiving Day,
 December 23rd to January 3rd.

2

Day 1

Empty your bladder into the toilet at the beginning of the first day you decide to collect your urine for bottle #1

3

8:00 AM

#1

Note the time. This is your urine collection **bottle #1 start time**. You will stop collecting 24 hours after this start time (in other words, the next day at the same time).

4

Urine bottle # 1

Start date and time: Sat June 6, 8:00 AM

Finishing date and time: Sun June 7, 8:00 AM

Record your urine collection **bottle #1 start and end dates and times** on the hospital form.

5

#1

You may now begin collecting your urine. Use bottle #1 to collect ALL your urine for the next 24hrs.

If the bottles are not big enough for your collection, use another leak-proof bottle that you have at home for the rest of your collection.

6

Day 2

8:00 AM

#1

When you reach your end time, collect one last time into the bottle and then close the lid tightly.

#1

Your urine collection for bottle #1 is now complete. Do not refrigerate.

7

Urine bottle # 1

Start date and time: Sat June 6, 8:00 AM

Finishing date and time: Sun June 7, 8:00 AM

Urine bottle # 2

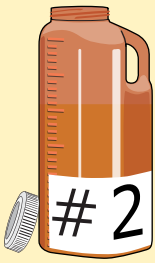
Start date and time: Sun June 7, 8:00 AM

Finishing date and time: Mon June 8, 8:00 AM

Your end time for bottle #1 will now be your start time for bottle #2. Record your urine collection **bottle #2 start and end dates and times** on the hospital form.

How to do a 48-Hour Urine Collection


8





You may now begin collecting your urine. Use bottle #2 to collect ALL your urine for the next 24hrs.

9

Day 3



8:00 AM




When you reach your **bottle #2 end time**, collect one last time into the bottle and then close the lid.

Your urine collection for bottle #2 is now complete.



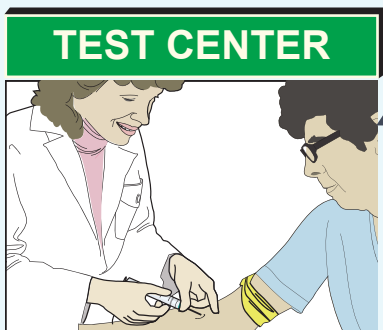

Bring the 2 bottles and the hospital form to the GLEN site on the day that your collection is complete.

10



11

Go to the Test Center (room D02.2307) to get your blood drawn and drop your bottles.



If you have any questions about this collection, please call at the Test Center:

McGill University Health Centre
1001 Boulevard Décarie,
Montréal, QC H4A 3J1
Tel: 514-934-1934, extension 34904

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Important

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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