

# 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 full 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.

**An example of an 8 hour collection is as follows:**

**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.

For a full list of our collection centres and their opening hours please visit [www.qml.com.au](http://www.qml.com.au) or call your local QML Pathology laboratory.