

PATIENT INSTRUCTIONS

Important – Specimen labeling and delivery:

- **Ensure full first and last names and date of birth (dd/mm/yy) are clearly written on the specimen container**
- **Ensure date and time of collection is written on the request form and specimen container**
- **Take the specimen to a Northland Pathology Collection Centre as soon after collection as possible**

(Tick appropriate box)

CREATININE CLEARANCE

You have been provided with a 24 hour urine container and urine punnets to collect a 24 hour urine sample.

Procedure:

1. Start the urine collect early in the morning and record the date and time on the 24 hour urine container label.
 2. Completely empty bladder at this time and DISCARD the urine.
 3. During the next 24 hours, collect ALL urine passed into the clean urine punnet and transfer into the 24 hour urine container.
 4. Exactly 24 hours after the start time, empty your bladder, collect the urine and transfer to the 24 hour urine container.
 5. Record the completion date and time on the 24 hour urine container label.
 6. If more than one 24 hour urine container is used, label the bottles 1 and 2.
 7. Store the 24 hour urine collect in a cool place.
- **Maintain good fluid intake during urine collection.** Avoid vigorous exercise during the test period (24 hours)
 - Avoid taking Cortisol, Thyroxine and/or ACTH on day of test (inform GP)
 - Deliver container and form to the Collection Centre and a blood test will be taken

CYTOLOGY URINE

1. Three specimens are collected on different days and each specimen must be delivered daily to the Collection Centre on the day of collection.
2. Drink as much fluid as possible and collect specimen mid-morning (the first urine in the morning should not be used).
A minimum of 50ml urine is required in the container provided
3. Write your full name (first name and last name) and date of birth (dd/mm/yy) clearly on the container and either Specimen 1,2 or 3
4. **Ensure date and time of collection are written on the form**
5. Take each specimen (and form) into the Collection Centre each day as soon after collection as possible. Refrigerate if delay anticipated.

For Further information, please call 09 438 4243