

With any medical test it is important that other factors do not interfere with your test result. Please read and follow these instructions carefully.

You must use the collection bottle provided by your doctor or SA Pathology. Bottles can be collected from any SA Pathology Patient Centre, locations are listed on the back of your SA Pathology Request Form.



Do not discard or touch any fluid or crystals in the bottle. Keep the lid on tight.

Collecting the specimen

Time is important - Remember to add 'AM' or 'PM' when recording the time e.g. 7:45AM

At bedtime

- Pass urine into the toilet. *Do not collect this specimen.*
- Write the date, time, your name and date of birth on the bottle label (1).

During the night

Each time you pass urine during the night collect it in a clean plastic container (rinse after each use).

- Pour the urine into the collection bottle (2).
- Store the specimen in a cool place.

When you get up in the morning

- Pass urine into the plastic container.
- Pour it into the collection bottle, the test is now complete.
- Write the date and time on the bottle label (3).

If you don't need to go to the toilet during the night that is okay. We just need all urine passed between bedtime and your first urine in the morning when you get up.

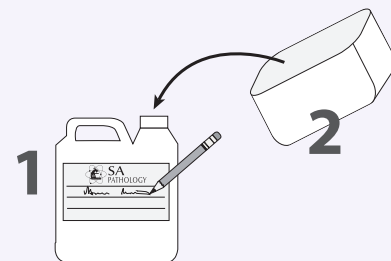
Delivering the specimen

Place the collection bottle into the ziploc plastic bag and then into the paper carry bag provided.

Deliver the specimen on the same day the test is complete to your nearest SA Pathology Patient Centre.

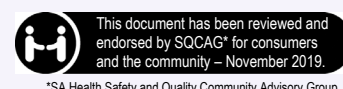
Your results

Your doctor will advise you when results are available.



Patient Centres

For Patient Centre locations and latest opening hours visit our website www.sapathology.sa.gov.au or phone (08) 8222 3000.



*SA Health Safety and Quality Community Advisory Group