

I. Collecting urine in the urine container during a period of 24 hours



- ✓ Pass urine in the toilet in the morning of the day before the consultation (for example at 7.00 a.m.).
- ✓ Thereafter, collect all urine passed during the day and through the night, including when you first get up the next morning (7.00 a.m. in the example). You have now correctly collected all the urine passed during a period of 24 hours.
- ✓ Close the container securely with the lid.
- ✓ Read off the total volume of urine from the scale on the urine container and make a note of the total volume of this urine collection on the label on the tube. Write 'incomplete' on the label on the tube if you have spilled urine or have passed urine in the toilet instead of in the container.
- ✓ Fill the tube by following the instructions below (see point II).
- ✓ Empty the urine container into the toilet, rinse it out and reuse it for the next collection, if required.

II. Filling the tube

Step 1

- ✓ Check that the urine container is securely closed.
- ✓ Mix the urine by tilting the container a few times.



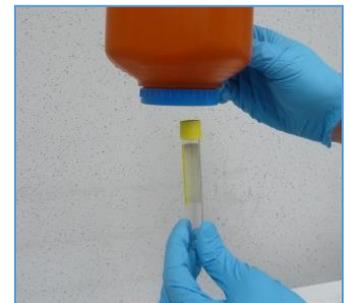
Step 2

- ✓ Remove the white label from the lid of the urine container.
- Be careful not to touch the grey rubber protrusion (the needle is underneath this) !



Step 3

- ✓ Tilt the container so that the hollowed-out opening is facing downwards.
- ✓ Push the stopper of the tube into the opening of the urine container.
- ✓ The tube will fill with urine.
- ✓ Once the tube is full, remove it carefully from the urine container.



Step 4

- ✓ Bring the urine-filled tube with you to the consultation.
- Write the following information on the label of the tube : surname, first name, urine container volume, if applicable 'incomplete'

