



## Instructions for urine collection

### The collection containers:

We have special urine collection containers in our practice.

### The collection time

- A 24-hour collection urine would be excellent. However, it is not important to get exactly 24 hours (e.g. 22 or 26 hours are also fine). You have to provide us with the exact collection time (see below) and then we can extrapolate the urine results.
- Sundays or holidays are especially good so that the collection container does not have to be taken to school or work.
- Children who are not dry at night only collect during the day.

### How to collect?

1. Go to the toilet promptly after waking up. Urine is discarded, it does not go into the collection bottle. This is the urine from the day before. But note the time, because this is the time "zero" (urinary bladder and collection container are empty).



2. From now on, all urine is collected and then filled into the collection container for the whole 24 hours.



3. Next morning, the first urine still is voided into the collection container. After that, the urine collection is finished (urinary bladder is empty again). Please note the time of the last urine sample.



4. Please pour the preservative (strong acid) into the urine container only after the urine collection is finished.



- Please, do not smell or drink the acid or pour it over your skin. If this nevertheless happens, please be sure to rinse the skin directly with water.

- If the volume of urine is  $> 1$  liter, pour in the entire amount of the acid; if the volume of urine is  $< 1$  liter, pour in only half.

5. Then shake the urine well, take a 10 ml aliquot and send it to us or directly to the Wisplinghoff laboratory. Please fill in the attached form.



### Tips and tricks

- During the collection period, all urine portions must be collected, none should be lost.
- If it happens that a urine portion is voided into the toilet by mistake, the urinary collection is interrupted and it is helpful to know at what time the last urine portion was filled into the collection container. If the collection time-up to then was less than 10 hours - please start again.
- During the "big business" it is especially difficult to collect the urine. Sometimes it helps to collect the urine first.

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