

## Please Read Carefully

### 24hr Urine Collection

1. Please avoid any alcoholic beverages.
2. Empty your bladder of the first urine you need to pass on the day of the urine collection.
3. From then on, collect into the clean bags provided, all the urine you pass during the day and night, including the first urine of the morning on the next day.
4. Keep the urine in a fridge.
5. Return specimen to nearest Southern.IML Pathology collection centre as soon as possible.