

PATIENT INSTRUCTION

INSTRUCTIONS FOR STONE SCREEN URINE COLLECTIONS

- Three consecutive 24 hour urine collections must be completed.
- You will be given three large bottles and two yellow topped jars. The large bottles contain a preservative. This is not to be removed. One large bottle is to be used for each day. The two yellow topped jars are to be used at the end of the collection on Day 4.
- No Vitamin C or fruit and juices containing Vitamin C are to be taken 24 hours prior to the collection and during the three days of the collection.
- Start the collection when first getting up in the morning.
- Once the collection has begun, store the bottles in a cool place.

Empty your bladder **into the toilet** at the time the collection is to commence.

Note, the exact time and mark it on the first bottle (Day 1) with the time and date e.g. 7.00 am 10/10/2013. All urine passed in the next 24 hours is to be collected **into this bottle**.

Finally, empty bladder **into this bottle** 24 hours after the beginning of the collection.

Note the exact time and date the collection is finished and record, even if it is not exactly 24 hours later. e.g. 6.45 am 11/10/2013.

Day 2 After the first 24 hour collection is complete; all urine passed over the next 24 hours is to be collected **into the second bottle** (Day 2). Mark this with start and finish times. e.g. 6.45 am 11/10/2013 and 7.10 am 12/10/2013

Day 3 After the second 24 hour collection is complete; all urine passed over the next 24 hours is to be collected **into the third bottle** (Day 3) **except for the final 7:00 am collection**.

Day 4 At 7:00am at the end of the third 24 hour collection, collect urine into one yellow topped jar, mark 'FREEZE' and place in the freezer.

- Collect urine into another yellow topped jar, mark 'COLD' and place in the fridge.
- Completely empty your bladder into the Day 3 bottle and mark it appropriately with time and date of start and finish.

Return the three completed collection bottles and two yellow topped jars to Collection Centre **as soon as possible on the day of completion**.

Collection Centre locations are listed on the back of your request form.

For further enquiries, please contact:

Northern NSW: Lismore: 02 6620 2900, Grafton: 02 6640 2234, Tweed: 07 5506 7425

Hunter New England - New England: 1300 654 303 Hunter: 02 4921 4000 Taree: 02 6592 9343

Mid North Coast: Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281,

Central Coast: 02 4320 3375

Northern Sydney: 02 9926 4111

Northern Sydney: 02 99264111