

## 24-hour access for drop-offs available in Halifax:

QE II Health Sciences Centre  
Central Specimen Accessioning  
5788 University Avenue  
Main floor, Mackenzie Building

Or drop off your specimen at your local lab. Check [www.nshealth.ca/laboratory-services](http://www.nshealth.ca/laboratory-services) for lab hours and addresses.

› Phone: 902-473-2266

Email:

[DPLMCustomerService@nshealth.ca](mailto:DPLMCustomerService@nshealth.ca)

Each requisition must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's (family doctor or nurse practitioner) full name and address**
- › **Start and end times and dates** for each urine collection

2024

# 24-Hour Urine Collection: Split Daytime and Nighttime

## Pathology and Laboratory Medicine Halifax Area

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Halifax area

*Designed by:* Nova Scotia Health Library Services

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## Why do I need to do a 24-hour split urine collection?

- A 24-hour split urine (pee) test is used to find out whether the protein in your urine is caused by a condition called **orthostatic proteinuria**. This condition happens in some people while standing or sitting, but not while lying down.
- Splitting the urine you collect into daytime (standing or sitting) and nighttime (lying down) will help us find out if you have this condition.

## Instructions

- Your health care provider has given you a form for this test. This form is called a **requisition**. **You must bring the requisition to the drop-off site with your full collection jugs.**
- **You will need to collect all of your urine for 24 hours.**
- Start when you have **2 days in a row** that are routine (you plan to get up at the same time and have no special commitments).
- Your health care provider or your local lab will give you 2 collection jugs.

- Label one jug “Daytime urine” and the other jug “Nighttime urine”.
- **Keep the jugs in the fridge** between collections and after the last collection.
- Take both jugs to the lab **as soon as you finish** your collections.
- Your test results will be sent to the health care provider who ordered the test.

## Daytime collection

- Write your **full name and date of birth, health card number, and the start time and date** on the daytime jug label and on the requisition.
- When you first get up, urinate (pee) as usual. **Do not collect this sample.** This is your start time.
- **Collect all of your urine in the daytime jug for the rest of the day.** Avoid strenuous (hard) exercise (like running) that day.
- In the evening, lie down for 2 hours before you go to sleep. This will help to avoid mixing daytime urine with nighttime urine.

- Just before sleeping, urinate for the last time and add this urine to the daytime jug.
- Write your **end time and date** on the daytime jug label and on the requisition.
- This is also the start time for your nighttime collection.

## Nighttime collection

- Write your **full name and date of birth, health card number, and the start time and date** on the nighttime jug label and on the requisition.
- If you need to urinate during the night, collect your urine in the nighttime jug.
- The next morning (about 8 hours later), collect your first morning urine in the nighttime jug.
- Write your **end time and date** on the nighttime jug label and on the requisition.
- Bring both jugs and the requisition to an approved drop-off site **as soon as you finish your collections.**