INSTRUCTIONS: OVERNIGHT URINE SPECIMEN

You will need:

- Collection container with label
- A pen, pencil or marker
- Clean toilet-hat
- Silver cooler-bag with ice or cool packs
- Watch or clock.

It is important that you drink what is the normal amount of fluids for you prior to the urine sample. This means, do not drink more or less fluids than you usually would during a normal day.

You will have a plastic container designated for each clinic visit. Use the labeled container that matches the next day’s visit. For example, if you are coming in for your third study visit, use the container that is labeled “Visit # 3”.

All collection containers will have a label on them like the one pictured below:

Subject ID: XYZ000

STUDY VISIT # 1
Date of study visit: June 4, 2008
Date of collection: June 3, 2008
Collection Start Time: 8:00 PM
Collection End Time: 8:00 AM

Subject ID, and Study Visit # will already be printed on the label. On the night you begin your urine collection, please write in the Date of Collection. You may also need to fill in the date of your study visit. The date of your study visit should be one day after the Date of Collection.
Please read the instructions listed below. Follow these instructions during the overnight urine collection. Please remember to write your **Start Time** and **End Time** on the label according to the instructions.

1. You will collect urine anytime you use the restroom starting from 8pm the night before your appointment until 8am of the morning you will be arriving at the clinic. This should equal a 12 hour time period.

2. 8pm should be the start-time you write onto the label. 8am should be the end-time you write onto the label.
   **NOTE:** If circumstances require you to change your start-time and end-time, please record that on the label and inform us when you provide us with your specimen.

3. Place the red urine collection container into the silver-cold pack along with a couple cold packs or a layer of ice.

4. Place the clean toilet-hat between the toilets bowl top and lid to hold it in place. Make sure the curved part of the hat is lined up with the front edge of the toilet bowl.

5. Anytime you urinate during the 12 hour time period, urinate in the toilet-hat. *If it is convenient*, you can instead urinate directly into the red container.

6. The toilet-hat has a pour spout which makes it easy to pour the urine into the red collection container. Remove the white cap off the red container and pour the urine in without splashing or spilling.
   **NOTE:** It is best to do this immediately after urinating. If you get up during the night but do not pour the urine into the red container immediately, then do so as soon as possible the next morning.

7. Stop collecting urine into the container once the 12 hour collection period has ended.

8. Write the End Time on the label of the red collection container.

9. Cap the red container and close it tightly.

10. Place the red urine container into the silver cold-bag with fresh ice or cold packs.

11. Your overnight urine sample is now complete and ready to bring to us at Emory.