



THE GEORGES DEBLED MD. RESEARCH FOUNDATION

To collect urines over 24 hours

The collection is done in a clean can of approximately three liters (or several clean bottles)

1. When you get up in the morning, empty your bladder in the water-closet. Don't collect this urine. This is the start time 0: for example: 9 a.m.

2. Afterwards, collect all urine of the day and following night in the supplied can (2 litres). If your urine volume is greater than 2 litres, continue the collection in a bottle of water.

To avoid any leakage of urine, urinate in the can before to go to stool.

3. The following morning at 9 a.m., urinate in the can.

This is the end of the collection. Bring the can to the laboratory.

Preserve the can in the low part of the refrigerator.

For women with menopause the collection is done any day (preferably Sunday or at the beginning of the week).

For women with menstruations the collection is done the 20th, 21st or the 22nd day of the cycle (the first day of the cycle is the first day of the menstruations)

#It is better to put the can in the lower part of the refrigerator during the collection day.