



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.

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