

## THREE HOUR URINE COLLECTION

### INSTRUCTIONS

- From 5:00 p.m. of the day before the urine is collected, a dry diet should be followed (do not drink liquids or eat fruits).
- At 4:00 o'clock in the morning urinate thoroughly to empty the bladder (this urine is discarded).
- Remain at rest for the next three hours.
- After proper genital hygiene at 7:00 am, urinate deeply and collect all the urine in a clean bottle. Cover the bottle correctly and label it with a full name.
- Deliver the sample in the Clinical Laboratory as close as possible to the collection hour, after 7:30.

### Important:

If you can not urinate at the indicated time, you must inform the exact time the sample was obtained at the time of delivery.