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## **PATIENT INSTRUCTIONS FOR OVERNIGHT URINE GROWTH HORMONE**

### **PLEASE READ THIS CAREFULLY BEFORE COMMENCING THE TEST**

Testing urine may sometimes be helpful in seeing what is being produced in your body or how your kidneys are working. We have to collect all urine passed overnight for this test. Your bladder may store urine for long periods hence it is important that you start and finish the test with an empty bladder by following the procedure.

#### **Procedure**

1. Do not start this test on a Friday or Saturday night.
2. When you go to bed pass urine into the toilet, do not collect this urine. Now enter this time and date onto the label on the bottle where it is marked 'START'.
3. Collect all the urine you pass during the night into a clean jug and carefully top this into the urine bottle. If you miss or lose a urine sample you must start the test again on another night after washing out the urine container with water.
4. On waking in the morning pass all the urine you can and add this to your urine bottle. The test is now complete. Enter the time and date onto the bottle where it is marked 'FINISH'.
5. Place the 24hour urine container into the clear plastic bag marked 'BIOLOGICAL SUBSTANCE CATEGORY B'. Remove the tape strip, fold along perforation and seal transport bag firmly
6. Take the completed urine collection and the 'Request Form' that the doctor will have given you to the Pathology Department (Third Floor, North Wing, Dorset County Hospital) as soon as possible (within 24 hours at the latest).