



WHI Nutritional Biomarkers Study (NBS)

Instructions for 24-hour Urine Collection

You will be collecting all of your urine the day before your NBS Visit 2 with us. It is very important that all urine is collected in the bottles provided and brought with you to your appointment at <<Name of Clinical Center and address to be inserted by each CC>>. Please follow these instructions and carefully fill in the times during which you collected urine.

Overview:

1. You should have this instruction sheet, two 3-liter bottles for urine collection, 1 urine collection "hat," 1 funnel for transferring urine from the collection hat to collection bottles, 2 ice packs for transporting the collection to your Clinical Center, and a large safety pin for attachment to a suitable place on underclothing as a reminder to *COLLECT ALL URINE*. Some kits will contain a bottle of B-vitamins (PABA).
2. Start the collection at 8:00 a.m. on the morning of the *DAY BEFORE* NBS Visit 2. End the collection at 8:00 a.m. on the morning of the *DAY OF* your appointment. The time can vary slightly as long as the collection time is 24 hours. If your appointment is scheduled early in the morning, you can start and end earlier than 8:00 a.m.
3. If your urine kit contains the PABA B-Vitamins, please take one tablet with each meal.
4. Place the ice packs in the freezer when you start to collect the urine so they can be used to keep the urine cold when you transport it back to the Clinical Center. Bring the ice packs back with you to the Clinical Center.

Instructions continue.

WHI Nutritional Biomarkers Study (NBS)
(24-hour Urine Collection Instructions, continued)

During collection period:

5. At 8:00 a.m. on the day you start the collection, begin by emptying your bladder. Flush this urine. You will collect all urine after this point but record this time (8:00 a.m.) on the “Start of Collection” line on the record sheet on the next page.
6. Attach the safety pin to your underclothing to serve as a reminder that you are collecting urine. It should be in a place that you could easily see when you go to the restroom.
7. The next time you go to the restroom, place the urine collection hat in the toilet before urinating. It is important that you collect all of the urine. If you need to have a bowel movement, collect the urine separately.
8. After urinating, pour the urine from the hat into the collection bottle.
9. Continue collecting all urine for 24 hours (all day and night.) Bottles containing urine should be tightly capped and stored in a refrigerator on the bottom shelf at least 6 inches away from food. They may also be stored in a cooler with ice if you prefer.
10. At 8:00 a.m. (or 24 hours from your START time) the following day: Empty your bladder into the hat and add this final urine to the collection bottle. Record the exact time of this last collection on the “End of Collection” line on the record sheet on the next page.
11. Your collection is complete!! Bring all urine bottles collected in a bag with the freezer packs we have provided for you and the record sheet on the next page with you to your NBS Visit 2.



WHI Nutritional Biomarkers Study

Record Sheet for 24-hour Urine Collection

Your name: _____

Start of Collection: Date ____/____/____

Time ____:____ a.m. (This is the time when you discard your first urine, after which you start the collection.)

End of Collection: Date ____/____/____

Time ____:____ a.m. (24 hours after the "Start". Include this urine in the collection.)

Problems if any (such as spilled urine, missed urine collections, or diarrhea):

Please write "yes" or "no" (or a number for Question 2) on each line below.

1. Did you miss any urine collections? _____
2. If you missed urine collections, how many did you miss? _____
3. Were you away from home during the collection period? _____
4. If you were away from home, were you able to collect your urine? _____
5. Were you able to collect your urine during the night? _____
6. Did you have any diarrhea during the collection period? _____
7. Did you spill any urine when pouring it into the bottle? _____

THANK YOU!