

24-Hour Urine Collection Instruction for the Patient

Collection Procedure

1. Empty your bladder at 7:00 AM the morning you are to begin collecting the urine sample. Discard this specimen.
2. During the next 24 hours, all urine voided is to be placed in the urine collection container given to you.
3. At 7:00 AM the next morning, you must void and add this urine to the container. This will complete your 24-Hour urine specimen.

Notes

- 1) Do not void directly into the 24-hour collection container. Use a smaller container with a wide top and carefully add each specimen to the large container.
- 2) Your 24-hour container may contain a preservative. Do not pour this out, add your urine to it. Treat this preservative with caution, it may contain an acid, which can cause burns to the eyes, skin, etc. and can damage other materials.
- 3) Store your 24-hour urine in a cool location during the collection and bring it to the lab soon after you finish your collection.
- 4) It is very important to include all your urine specimens. The normal values for the tests are based on complete collections and you want your test to be as accurate as possible.
- 5) If your daily schedule requires you to be awake earlier or later, you may adjust the starting time of your collection; be certain you complete your collection 24 hours after you start.
- 6) Do not overfill the urine collection container. If the specimen will exceed the volume of the container, collect the remainder of the urine in any clean plastic or glass container.
- 7) Be sure to label your container with your name, birth date, and the starting and ending times of your collection.

When you bring the container to the receptionist, please wait a moment so we can check your lab order to see if you need blood drawn. Some 24-hour urine tests require a blood sample be sent with them to the lab.