

24-HOUR URINE COLLECTION

There are many different tests done on 24-hour urine samples. Urine is collected for an entire 24 hours to make up for different amounts of liquid each person drinks.

BEFORE YOU BEGIN

1. Wash your hands before you urinate each time
2. Start the collection in the morning
3. You may need to stop eating or drinking certain foods and medications the day before the collection. The Lab will let you know if this is needed.
Check with your doctor before you stop taking any medications. Do not drink any alcoholic beverages during the collection.
4. The 24-hour urine container may have acid or other chemicals as preservatives. Do not allow chemicals to contact skin or mucous membranes. Do not urinate directly into the container. A urine cup will be provided.
5. Urine passed during bowel movements must also be collected, being careful to include only urine in the specimen cup.
6. If you miss a collection of urine, or if the urine contains stool, the test must be started again. Please call the laboratory for another container.

URINE COLLECTION

1. In the morning, urinate into the toilet (this urine is not saved). The collection period starts at this time. Write your name, the date and time you start the collection on the label that is on the 24-hour urine container.
2. Collect ALL urine during the next 24 hours in the urine cup. Pour the urine from the cup into the large 24-hour collection container after each collection. All urine passed during the 24-hour time period (day and night) MUST be saved.
3. The large 24-hour urine container must be kept on ice or refrigerated between each urine collection and protected from strong light.
4. Make your last urine collection the next morning about the same time you started. Write this date and time on the label.
5. Take the 24-hour specimen to the laboratory as soon as possible after finishing the collection, maintaining cool temperature while in transit.