



Northern Laboratories

Collection of 24-Hour Urine Specimen

For creatinine clearance, you will also have blood drawn within 24 hours of completing the urine collection.

For arsenic testing, do NOT eat shellfish, shrimp, crab, lobster, and bottom feeders such as flounder for at least three days prior to collection.

Steps to a 24-hour urine collection

- 1. Write your full legal name and date of birth on the label of the specimen container.
2. Begin the 24-hour collection by urinating into the toilet and flushing it away. Record this time and date in the "start of collection" blank.
3. Collect all urine in the assigned containers for the next 24 hours. To avoid losing urine into the toilet when having a bowel movement, urinate into the specimen container/collection hat first. Empty your bladder then proceed with the bowel movement.
4. Cap the collection container and keep in a refrigerator or on ice until it is brought to the lab.
5. Exactly 24 hours after urinating into the toilet, urinate for the last time into the specimen container. Write this time in the "end of collection" blank. For example, if you started at 8 a.m., your last collection will be 8 a.m. the next day.
6. At the completion of the collection, bring the urine specimen and this form to one of our laboratory sites listed below.

Form with fields for: Full legal name, Date of birth, Height, Weight, Start of collection (Date, Time), End of collection (Date, Time), Pregnancy status, and Total volume.

UCHealth Laboratory – Garfield
1025 Garfield St., Fort Collins, CO 80524

UCHealth Laboratory – Medical Center of the Rockies
2500 Rocky Mountain Ave., Loveland, CO 80538

UCHealth Laboratory – Greeley Emergency and Surgery Center
6906 10th St., Greeley, CO 80634

UCHealth Laboratory – Poudre Valley Hospital
1024 S. Lemay Ave., Fort Collins, CO 80524

UCHealth Laboratory – Greeley Hospital
6767 W. 29th St., Greeley, CO 80634

UCHealth Laboratory – Windsor
1455 Main St., Suite 130, Windsor, CO 80550

UCHealth Laboratory – Greeley Midtown
1900 16th St., Greeley, CO 80631

UCHealth Laboratory – Yampa Valley Medical Center
1024 Central Park Dr., Steamboat Springs, CO 80487

UCHealth Laboratory – Harmony Campus
4630 Snow Mesa Dr., Fort Collins, CO 80528

UCHealth Laboratory – Loveland
2500 Rocky Mountain Ave., North Medical Office Bldg., Loveland, CO 80538