

# 24-hour Urine Specimen Collection Patient Instructions

**Do not urinate directly into the 24-hour urine container.**

Urine should be collected in another clean container and then carefully poured into the 24-hour collection container.

## **To collect a 24 hour urine specimen:**

1. Follow you physician's directions regarding food, drink, or medications before and during the collection.
2. Empty bladder completely on awakening in the morning and discard this urine specimen.
3. Record the date and time under "start" and begin the test (Example: 08/15/05 @ 7:00 a.m.).
4. ALL urine passed during the rest of the day and night for the next 24 hours must be poured into the container. (Note: Container must be refrigerated during collection.)
5. Make final collection the next morning at the same time the test was started and record the time and date under finish.
6. Take the 24-hour urine specimen to the laboratory as soon as possible.

If you have any questions please call the main laboratory at UCHealth Yampa Valley Medical Center, 970.871.2350