



Instructions for 24 Hour Urine Collection

1. Please write your name and date of birth on the urine collection container
2. Start saving urine the morning of the day **BEFORE** you are to come to the clinic.
3. Urinate when you first get out of bed that morning, regardless of the time. Throw this urine away. **DO NOT SAVE THIS URINE.**
4. Look at the time and write it down to remember. This is the start time for the 24 hour urine collection:
Start Time: _____; Start Date _____
Stop Time: _____; Stop Date _____
5. Save **ALL** urine from then on until that same time the next morning. At that same time, empty your bladder and place the urine in the container. This will be the last urine to go into the collection container and completes the collection of the 24 hour urine specimen.

HELPFUL TIPS:

- The best way to collect your urine is to urinate into a paper or plastic cup and pour into the collection container.
- Place a note on the commode, to help you remember.
- If you have not been provided with the appropriate collection container from your clinic, then an emptied distilled/deionized 1-gallon water jug is acceptable.
- The collection container **MUST** be kept **refrigerated** during the entire specimen collection. Keep in the refrigerator or in a cooler on ice.
- **BE CAREFUL!!! Keep out of reach of children.** Do not empty any contents out of the collection container, some contain preservatives that are necessary for your test(s) and may be harmful.

Acceptable/Alternate Containers for 24 Hour Urine Collection:

The Clinical Lab will only accept 24 hour urine in the collection container distributed by Materials Management due to possible test interference.

There are two acceptable substitutes:

- An emptied distilled/deionized 1-gallon water jug purchased and provided by the patient.
- A collection device provided to the patient by another healthcare organization designated specifically for urine collection.

For special collection jugs that are required for testing that must be in a metal free container or protected from light container, please contact:

- Main Hospital Lab at 859-323-5431 or KY Clinic Lab at 859-257-3521

***When submitting your sample to the lab/clinic, make sure to ask whether your doctor has ordered any blood tests with the urine test.**