

# Understanding Your Laboratory Tests

## Timed, Hourly Urine Specimen Collections

- Some conditions require that an Hourly urine specimen be collected for testing so that kidney function can be accurately evaluated. Collection periods can be 2, 12, or 24 hr but the most common collection period is for 24 Hours.

Please note the collection period required for your particular test!



### **INSTRUCTIONS:**

- Your physician has asked you to provide a timed urine specimen for testing, you can help ensure the accuracy of these tests by following these instructions:
    - 1) Avoid alcoholic beverages, vitamins, and other medications (if possible) for at least 24-hours before you start collecting the specimen and during the collection period. **CONSULT YOUR PHYSICIAN BEFORE YOU DISCONTINUE ANY MEDICATION.**
    - 2) The specimen container you have been given may have a preservative in it. Do not dispose of the preservative and be sure to keep the container out of the reach of children.
    - 3) Do not exceed your normal intake of liquids during the day before and during the collection unless your physician gives you specific directions to do otherwise.
    - 4) The collection period begins when you get up in the morning and empty your bladder. **DO NOT COLLECT THIS URINE**, but do record the TIME and DATE of this voiding on the specimen container label. This is the start time of the collection.
    - 5) Be sure to collect **ALL** urine - day and night – for the duration of the collection.
    - 6) Keep the specimen refrigerated during the collection period.
    - 7) Bring the entire specimen, labeled with your name, dates, and start and end times, to the nearest UM Shore Regional Health Laboratory draw site location as soon as possible after completion of the collection.
    - 8) If you have questions concerning your urine collection, please call UM Shore Regional Health Laboratories at 1-800-666-3222.
- Please make sure that the specimen submitted is labeled with patient name, and date and time of collection.**



Cambridge

UM SRH Diagnostics at Sunburst Center  
309 Sunburst Highway, Suite 15, Cambridge, MD  
21613  
410-228-5511, Ext. 2142  
Monday - Friday: 7:00 a.m. - 3:30 p.m.

UM Shore Medical Center at Dorchester  
300 Byrn Street, Cambridge, MD 21613  
410-228-5511, Ext. 8304  
Monday - Friday: 6:30 a.m. – 4:00 p.m.  
Saturday: 8:00 a.m. - 11:00 a.m.

Centreville

UM SRH Diagnostics at Centreville  
2540 Centreville Road, Centreville, MD 21617  
Monday - Friday: 8:00 a.m. - 12:00 p.m.

Chestertown

UM SRH Diagnostics at Roundtop  
6602 Church Hill Road, Suite 450, Chestertown,  
MD 21620  
Monday: 6:00 a.m. - 3:30 p.m.  
Tuesday - Friday: 7:00 a.m. - 3:30 p.m.

UM Shore Medical Center at Chestertown  
100 Brown Street, Chestertown, MD 21620  
410-778-3300, ext. 2606  
Monday - Friday: 7:00 a.m. - 4:30 p.m.

Denton

UM SRH Diagnostics at Denton  
1140 Blades Farm Road, Denton, MD 21629  
410-479-3510  
Monday - Friday: 8:00 a.m. - 4:00 p.m.

Easton

UM SRH Diagnostic and Imaging Center  
10 Martin Court, Easton, MD 21601  
410-820-7778  
Monday – Friday: 7 a.m. – 6:00 p.m.  
Saturday: 8:00 a.m. - Noon (blood draw only)

UM SRH Diagnostics at Teal Drive  
8221 Teal Drive, Suite 410, Easton, MD 21601  
410-822-1000, ext. 8694  
Monday – Friday: 8:00 a.m. – 4:30 p.m.

UM Shore Medical Center at Easton  
219 S. Washington Street, Easton, MD 21601  
410-822-1000  
Monday - Friday: 7:30 a.m. - 4:30 p.m.

Queenstown

UM Shore Medical Pavilion at Queenstown  
125 Shoreway Drive, Queenstown, MD 21658  
410-827-3811  
Monday - Friday: 8:00 a.m. - 4:30 p.m.



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