

24 Hour Urine Collection

PURPOSE OF TEST

Your doctor has ordered a test which requires the collection of all urine passed in a 24-hour period. The accurately timed urine collection is an important part of your examination. Medical decisions and treatment may depend on these results. **This test is only valid IF the collection includes all urine passed in a 24-hour period.** The test will be inaccurate and may have to be repeated if, for any reason, some of the urine passed during the 24-hour period is not put into the container for the collection. Your doctor may have ordered multiple urine tests. It is possible additional collections will be needed if the additional test(s) require a different preservative.

COLLECTION OF SPECIMEN

1. Obtain the 24-hour urine container from the laboratory. The lab will need a copy of the physician order to determine the proper preservative for your collection. The laboratory staff will add the appropriate preservative prior to the collection and will explain any precautions to you.

*Note: **DO NOT urinate directly into the container during the collection process.** Use a clean container to collect your urine and then pour the specimen into the 24-hour urine container.*

2. At the beginning of the test, note the time. Empty your bladder by urinating directly into the toilet. **Do not add this urine to the collection container.** All urine passed from this point must be added to the 24-hour urine container for the duration of 24 hours.

For example, if you empty your bladder at 7am, all urine will be collected after that time up to and including 7am the following morning.

LABELING THE SPECIMEN

Print your full name, DOB, and the date and time you started and stopped collecting the specimen on the urine container.

STORAGE OF SPECIMEN/DELIVERY TO LAB

Refrigerate the specimen during the collection and until it can be delivered to the laboratory.

If you have any questions about these instructions, please call the Client Service department at (219) 989-3700 or (800) 937-5521.

