

The laboratory will provide the materials you need to collect and transport your urine sample. Since the purpose of this collection is to measure the TOTAL volume of urine produced in 24 hours, you must add urine to the container each time you empty your bladder. Nothing besides your urine should be placed into the container.

The urine container should be kept cool during collections, but NOT IN YOUR REFRIGERATOR. An easy way to cool the container is to purchase a bag of crushed ice and pour it around the urine container in an ice chest or an “extra” trash container. Keep the collection container tightly closed to prevent spills. Keep the entire assembly in the bathroom near the toilet so that it can be easily accessed to add collections.

- 1. Set a time to start your collection.** This is usually easiest to manage if you start with the first void of the day. After rising, urinate into toilet as usual, but note the time - this is your start time and should be recorded on the container’s label.
- 2. For the next 24 hours,** collect ALL of your urine in the toilet-pan (hat) provided and add each void throughout the day to the collection container. The “hat” is used by placing it under the “ring”, and toward the front of the bowl prior to voiding. After voiding, lift the ring and remove the hat. The urine collected in the hat is then poured into the collection bottle via the “spout” molded into the hat’s surface. The hat can then be rinsed with clean water (make sure it is well drained and allowed to dry before next use). **Be sure to urinate just at the end of the 24 hour period,** add that to the collection container and close tightly. Rinse the hat and discard in routine trash.
- 3. Please write your name, date of birth and the date/time that you start and end the collection on the container’s label.**
- 4. Promptly return container to the laboratory.**

Please contact the laboratory if you have further questions at (970) 644-3260.