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24-Hour Urine Specimen Patient Instructions

Your doctor has requested a specialized laboratory study which requires collection of all urine that you excrete over a carefully timed 24-hour period. It is important that you READ and FOLLOW these directions to help insure that the test(s) result(s) are accurate.

Preliminary Information:

- **Do NOT drink any alcoholic beverage immediately prior to or during the collection period.**
- **Do drink 6 to 8 glasses of water during the collection period unless otherwise instructed by your doctor.**
- **Some tests require a blood specimen to be drawn as well.**

Collection Steps:

1. Follow your physician's directions regarding intake of food, drink, or drugs before and during collection.
2. Empty bladder completely on awakening in the morning and discard this urine specimen.
3. Record date and time under "Start Date" and "Start Time" and begin the test (e.g., 5/12/10, 7:00 a.m.).
4. Collect all urine passed during the rest of the day and night for the next 24 hours. Do not urinate directly into the container. Collect in another clean container and then carefully pour into the 24-hour collection container.

Note: In order to ensure accurate results, please keep container refrigerated during collection. Use a portable cooler with ice as an alternative to a refrigerator.

5. Make final collection the next morning at the same time and record under "Stop Date" and "Stop Time" (e.g., 5/13/10, 7:00 a.m.). Also record your height, weight, first and last name, and date of birth on the specimen container.
6. Bring the 24-hour specimen to the laboratory as soon as possible.

Note: If possible, keep container cool during transport using a portable cooler with ice or an insulated cooler.

Returning the Specimen Container:

- Upon entering LMH Health you will need to stop at admissions to register with your billing information (even if you were here the day before).
- After you register, take the specimen container to the Main Laboratory.