



## 24-Hour Urine Collection Instructions

Your healthcare provider has requested a test that requires you to collect all your urine over a 24-hour period. Please follow the steps below carefully to ensure accurate results.

### Before You Begin

1. Obtain the Collection Container  
Pick up a labeled 24-hour urine collection container from your doctor or outpatient lab. Ensure the label includes:
  - Your full name
  - Medical Record Number (MRN)
  - Date of Birth (DOB)
  - Tests ordered by your provider
2. Check for Preservative  
Your container may contain a preservative. Refer to page 2 for important handling instructions if it does.
3. Plan Accordingly  
Begin your collection so that you can return the completed container to your provider or lab within 24 hours of finishing the collection.

### Collection Procedure

4. Start the Collection  
When you're ready to begin, urinate into the toilet — do not save this first sample. This marks the official start time of your collection. Record the time on the container label.
5. Collect All Urine for 24 Hours  
From that point on, collect all urine in the provided container for the next 24 hours.
  - If you miss any urine, you'll need to start over.



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- If your container has a preservative and you need to restart, request a new one from your provider.

6. Complete the Collection

At the end of the 24-hour period, urinate one last time and add this sample to the container. Record this final time on the label.

7. Storage

Keep the container in a refrigerator or a cold place during the entire 24-hour period and until you return it.

## Handling Containers with Preservatives

### Label Information

The container label will specify:

- The type and amount of preservative
- Date it was added
- Initials of the staff who prepared it

### Safety Precautions

- Store the container upright and tightly sealed.
- Keep it out of reach of children and pets.
- To avoid splashing:
  - First urinate into a clean container.
  - Then carefully pour it into the collection jug.

### Exposure Guidelines

Preservative Type	If Swallowed	On Skin	In Eyes	If Inhaled
Boric Acid	Do NOT induce vomiting. Give 2–4 capfuls of water or milk if conscious.	Rinse skin thoroughly with water. Remove contaminated clothing.	Rinse with cool water for 15 minutes. Seek medical attention.	Move to fresh air. Seek help if breathing issues occur.
Sodium Carbonate	Same as Boric Acid.	Same.	Same.	Same.
Acetic Acid	Same.	Same.	Same.	Same.
Hydrochloric Acid (HCl)	Same.	Same.	Same.	Same.



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#### **If You Spill Preservative**

- Boric Acid / Sodium Carbonate:
  - Sweep up the solid.
  - Discard in trash.
  - Mop with water.
  
- Acetic Acid / Hydrochloric Acid:
  - Wear gloves.
  - Neutralize with baking soda until bubbling stops.
  - Mop up and rinse the area well.
  - Flush any waste down the drain with plenty of water.