

## Urine Collection

**24-Hour Urine Collections:** Proper collection and preservation of 24-hour urine specimens are essential for accurate test results. Patients should be carefully instructed on the correct collection procedure and handling precautions. Unless the physician indicates otherwise, instruct the patient to maintain the usual amount of liquid intake but not to consume alcoholic beverages. Other instructions specific to a test are listed in the Alphabetical Test Listing.

Use the following procedure for specimen collection and preparation.

- Have the patient empty his/her bladder, in the morning, into the toilet (not to be included in the 24-hour collection). Write the date and time of voiding on the container label.
- Collect the patient's next void and add it to a 24-hour urine container supplied by Meriter Laboratories (ML).
- Add all subsequent voiding to the container as in Step 2. The last specimen collected should be the first specimen voided the following morning at the same times as the previous morning's first void.
- Refrigerate urine during the collection process.
- Mix the contents of the container gently but thoroughly.
- Measure and note the total volume of the urine. Record the 24-hour urine volume on the ML requisition or within the electronic order.
- Record the following information on the screw-capped, plastic container:
  - Date and time of collection
  - 24-Hour urine volume.
  - Patient's name
  - Test name
- If required, refrigerate specimen until it can be forwarded to the laboratory.

If the patient is to collect the urine, give the patient the clean, labeled container supplied by ML. Instruct the patient not to remove any preservative (powder, liquid, or tablets) that may be in the container. **Alert the patient that preservatives are hazardous chemicals.**

### *Timed Collections:*

Use the following procedure for specimen collection and preparation:

- Have the patient empty his/her bladder, in the morning, into the toilet (not to be included in the timed collection period). Write the date and time of voiding on the container label.
- Collect the patient's next void and add it to urine container supplied by ML.
- Add all subsequent voiding to the container as in Step 2.
- At the end of the collection period, the patient should void to empty the bladder and this last voided specimen should be added to the container.
- Refrigerate urine during the collection process.
- Mix the contents of the container gently but thoroughly.
- Measure and note the total volume of the urine. Record the total timed urine volume on the ML requisition or electronic order.
- Record the following information on the screw-capped, plastic container:
  - Date and time of collection
  - Urine volume
  - Patient's name
  - Test name
- If required, refrigerate specimen until it can be forwarded to the laboratory.

### *Random Collections:*

Use the following procedures for specimen collection and preparation:

- Random urines for urinalysis or culture
  - Sterile, screw-capped, plastic container supplied by ML:
    - Specimens should be a freshly collected, midstream, clean-catch or catheterized collection.
    - Refrigerate specimen after collection.
    - The test should be completed within 24 hours of collection
- Label the container with the following information:
  - Date and time of collection
  - Patient's name
  - Name of test requested
    - CAUTION: Do not use the test name UA culture.** Always write "urine culture". The term "UA" may be interpreted as the source or urinalysis.
  - Urine Specimen method of collection (voided, straight catheter, or indwelling catheter) is required.