

HOW TO COLLECT A 24-HOUR URINE SPECIMEN

Your physician has asked you to collect a 24-hour urine specimen. Important testing will be done with your specimen, and you can insure the accuracy of these tests by following these instructions.

1. Do not exceed your normal amount of liquids during the day before the day of collection, unless your physician gives you specific directions to do so.
2. The 24-hour collection begins when you get up in the morning and empty your bladder. **DO NOT COLLECT THIS FIRST URINE**, but do record the time and date on the specimen container.
3. Be sure to collect all urine, day and night, beginning with the second voiding. Make the final collection when you empty your bladder the next morning, approximately 24 hours from the time marked on your container.

EXAMPLE:

Rise at 8:00 a.m., empty your bladder. (Do NOT collect) Note time and date.

Collect all urine for the next 24 hours, including the first morning specimen the next day at 8:00 a.m.

4. During collection, keep the specimen refrigerated. This can be in a refrigerator or cooler with ice.
5. Return the specimen as soon as possible to the laboratory.
6. Some 24-hour urine tests will also require a blood sample to be drawn. This may be done when you return your 24-hour urine specimen to the lab.

a. Blood to be collected within 48 hours of initiating urine collection

7. The total volume of urine during the 24 hour period is an important factor of the testing. If ALL urine is not included during this time period, test results could be misleading. For your benefit, be sure to **save each and every voided specimen**.

If it appears that you will need more than one (1) container, contact the lab for another container. Please **DO NOT** use household containers for this collection.