

INSTRUCTIONS FOR TIMED URINE COLLECTIONS (12 or 24 hours)

Important: Please read and follow all directions.

1. To start your collection, urinate in the toilet and flush. Your timed collection starts now. Please label the container with the start date and time.

Example: Start 01/01/2024 @ 7:00 am

2. From this point, ALL URINE must be collected and added to the container for the remaining duration of time. Urine may be collected in a hat (provided) then transferred to the container.
3. The urine container **must be kept refrigerated** during collection. If a refrigerator is not available, the urine container may be kept in a cooler on ice.
4. At the conclusion of the timed collection interval, urinate and add voided urine to the container for last time and record the date and time on the container.

Example: End 01/02/2024 @ 7:00 am

5. Document your name, date of birth, height, and weight on urine container.
6. Return the container to the laboratory with the order from your provider.

Notes:

- THE URINE SPECIMEN MUST BE KEPT COOL AT ALL TIMES.
- Please contact the laboratory at 816-691-1300 with questions or clarifications.
- If a "clearance test" is ordered, the collection of a blood sample is also necessary.
- If the urine container is spilled or a urine specimen is NOT added to the container, the collection must be re-started