

24 Hour Urine Collection and Transport

Patient Instructions

To collect a 24-hour urine specimen:

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" 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: If possible, 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 "finish" (e.g., 5/13/10, 7:00 a.m.).
6. Take the 24-hour specimen to your physician's office or laboratory as soon as possible.
Note: If possible, keep container cool during transport using a portable cooler with ice or an insulated cooler.