

NewYork-Presbyterian Hospitals

Department of Pathology & Laboratory Medicine | Patient Instructions

24-Hour (Timed) Urine Collection Guide

How to collect, store, and transport your timed urine specimen

BEFORE YOU BEGIN

Follow your physician's directions about food, drinks, and medications before and during the collection. Read all steps before starting.

PATIENT NAME: _____ DATE OF BIRTH: _____

COLLECTION STEPS

- 1 Start on the morning instructed by your provider**
When you wake up, empty your bladder completely into the toilet. Do not save this first urine.
- 2 Record the start date and time**
Write your name and date of birth on the container. Write down the exact date and time you discarded the first morning urine on the container. This starts the 24-hour collection period.
- 3 Collect every urine specimen for the next 24 hours**
Collect all urine passed during the day and night. Do not urinate directly into the large collection container. Urinate into a clean collection container, then carefully pour the urine into the 24-hour container.
- 4 Keep the collection container cool**
If possible, keep the container refrigerated during collection. If a refrigerator is not available, use a portable cooler with ice.
- 5 Finish at the same time the next morning**
At the same time you started, urinate one final time and add this urine to the collection container. Record the finish date and time on the container.
- 6 Return the specimen promptly**
Take the completed 24-hour specimen to your physician's office or laboratory as soon as possible. Keep it cool during transport using a portable or insulated cooler with ice.

RECORD YOUR COLLECTION TIMES

START: Date _____ Time _____

FINISH: Date _____ Time _____

IMPORTANT

After the start time, do not miss or discard any urine. If you do, contact your provider or the laboratory.

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Questions? Ask your provider or care team.