



# SOUTHERN ILLINOIS HEALTHCARE

## 24 Hour Urine Collection

You should find it most convenient to void (urinate) into the collection device provided and transfer the urine into the larger collection jug. **DO NOT** add anything except urine to the container. The collection container should be kept tightly closed and refrigerated throughout the collection period.

1. Urinate in the usual manner as soon as you wake up or whenever you decide to start your collection, making sure to empty your bladder completely. **Do not save this urine - record the date and time of this first urination on the 24 hour container.** This is your start time. Example: 3/3/15 7:30 am
2. All urine passed during the remaining 24 hour period must be collected and put into the 24 hour collection jug. Urine passed during bowel movements must also be collected.
3. The next morning or 24 hours after the start of collection, void (urinate) into the collection device and transfer the urine to the 24 hour collection container.
4. Record the date and time of this last urination on the 24 hour container. This is your end time. Example: 3/4/15 7:30 am
5. Return the 24 hour urine container to the laboratory.

During this process you should consume normal amounts of liquids, unless otherwise directed by your provider. No alcoholic beverages should be consumed during this time.

For accurate test results it is important that **ALL** urine be collected and saved during the 24 hour collection period. Please call the laboratory with any questions.