

Instructions for 24-hour urine collection

1. You will be given a 24-hour urine collection bottle. It will need to be kept in the refrigerator or on ice. Confirm the collection container is labeled correctly with:
 - your (the patient) first and last name,
 - the date and time of collection, and
 - another identifier such as date of birth.

Incorrectly or incompletely labeled specimens will not be tested.

2. Always start your 24-hour urine collection in the morning.
3. Do not urinate into the main container directly as it might have potentially hazardous preservatives and you might get splashed.
4. If the container has a preservative, please mix every time you add urine to the container.
5. Do not save the first urine of the day
6. Save all urine for the next 24 hours in the collection bottle. In order to get correct results, it is important to save every urine sample. If you forget to save any urine, tell your health care provider. You will need to drink plenty of fluids during this time, 6-8 (8oz.) glasses if possible.
7. The last urine sample should be as close to the starting time as possible and must be saved.
8. Please remember to keep urine in collection bottle in refrigerator or on ice.
9. Return completed 24 hour urine collection to a SJC Draw Station or to your provider's office for submission to SJC Laboratories.

In some cases, you may be asked for a blood sample to go along with your urine collection.