

Laboratory Services

Timed Urine Collection and Transportation

Your doctor has ordered some tests that require a 24-hour urine collection. Below are instructions for collecting a 24-hour urine specimen. It is important to follow these instructions. Any changes may result in inaccurate test results. If you have any questions, be sure to ask your care provider for assistance.

Read through all instructions before beginning.

COLLECTION and TRANSPORTATION INSTRUCTIONS

- **Collecting and Transporting the Specimen**
- A clean urine collection container will be provided by the lab.
- Empty your bladder in the morning. You will begin collecting your urine after the first emptying. Record the date and time.
- Collect your urine from that point on into the 24-hour urine container.
- Your last collection will be the following morning during the same hour. Record the last collection's date and time.
- Refrigerate/keep cool the specimen until you can bring the specimen to the laboratory. This should be done as soon as possible after the last collection.
- Take the specimen to the hospital with a copy of the order.
- If you fill one container jug and need another, please call the lab where you obtained the first jug. Do not discard any urine during the collection time. Label jugs 1 of 2, 2 of 2.

- **Restrictions and Activities**
- Avoid the following 4-5 days prior to and during collection:
 - ✓ Avocados, Bananas, Eggplant, Pineapple, Red Plums, & Tomatoes
 - ✓ Strenuous exercise
 - ✓ Cough Medicine Containing Glycerol
- Avoid the following during collection:
 - ✓ Alcohol, coffee, tea, and tobacco

Label the specimen with patient's full name, date of birth, date/time of collection, and doctor that ordered the sample.
