

**TriHealth Laboratories
Support Services**

TWENTY-FOUR HOUR URINE SPECIMEN COLLECTION

PURPOSE

Most urine chemistry tests require a 24-hour collection. A container for the 24-hour urine specimen is obtained from the Laboratory. A chemical preservative may be added to the container by the Laboratory after the collection is complete. Special care should be given to ensure a complete collection.

SPECIMEN**Patient Preparation**

Unless the physician indicates otherwise, instruct the patient to maintain the usual amount of liquid intake but to consume no alcoholic beverages.

Timing

All urine from a timed 24-hour period is submitted to the Laboratory. It is preferable to begin the collection in the early morning. (Only completed collections should be sent to the Laboratory.)

Diet Restrictions

Certain tests may have dietary restrictions. Check “Alphabetical Test Listing” in Lab Users’ Manual or contact Laboratory for special instructions.

PROCEDURE**Container preparation**

1. Place the patient’s preprinted label on the container.
2. If a second container is needed for an increased volume of urine, the containers must be labeled “1 of 2” and “2 of 2” along with all appropriate patient information.

Specimen Collection

1. Discard the first urine void (on the day of collection) and write the time of this void on the collection container.
2. Collect all urine voids for the next 24 hours. It is recommended that the container be refrigerated during the collection period or place in an ice bath.
3. The final collection should be the first morning void of the second morning or at the end of the 24-hour time period. Add this urine to the container. Write the time of collection on the specimen container.
4. Promptly deliver the entire specimen accompanied with the test requisition or transmittal to the Laboratory after the collection is completed.

Note: Do not deliver one (1) container at a time if there are two (2) containers necessary for the 24-hour collection.