

Collection of 24-Hour Urine Specimen

LABORATORY SERVICES

For creatinine clearance, blood is drawn within 24 hours of the urine collection.

For arsenic testing, do **NOT** eat shell fish, shrimp, crab, lobster and bottom feeders such as flounder for at least three days prior to collection.

Steps to a 24-hour urine collection

- 1) Write your full legal name and date of birth on the label of the specimen container.
- 2) Begin the 24 hour urine collection by urinating into the toilet and flushing it away. Record this time and date in the "start of collection" blank.
- 3) Collect all urine in the assigned containers for the next 24 hours.
To avoid losing urine into the toilet when having a bowel movement, urinate into the specimen container/collection hat first. Empty your bladder then proceed with the bowel movement.
- 4) Cap the collection container and keep in a refrigerator or on ice until it is brought to the lab.
- 5) Exactly 24 hours after urinating into the toilet, urinate for the last time into the specimen container. Write this time in the "end of collection" blank. For example: If you started at 8 a.m., your last collection will be at 8 a.m. the next day.
- 6) At the completion of the collection bring the urine specimen and this form to the laboratory site listed below.

Full legal name: _____	Date of birth: _____
Height: _____	Weight: _____
Start of collection:	End of collection:
Date: _____	Date: _____
Time: _____	Time: _____
If female, are you pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Total volume = _____ (Lab processing tech will measure and record total volume)	

Longs Peak Hospital Lab

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