

24-Hour Urine Collection – Patient Instructions

Laboratory Medicine Program

CAUTION: The collection bottle may contain a preservative (a powdered substance or liquid). **DO NOT** remove it from the container. This preservative may cause burns to skin, fabric and many solid materials. **DO NOT** urinate directly into the container. **Avoid** splashing when pouring urine into the container. If contact with the preservative occurs, flush the area with water for 15 minutes. If a burn or rash appears or if ingested, seek medical attention. Keep the container in an **UPRIGHT** position so it does not leak or spill. **Keep out of reach of children.**

Instructions for ALL 24-hour urines:

1. Label the collection container correctly with: Patient first and last name, date of birth, Medicare number, start and stop dates and times of collection. **Specimens received by the laboratory with incomplete or incorrect information will not be processed.**
2. These specimens are not processed on weekends/holidays. Therefore, collect urine during periods Sunday through Thursday with appropriate modifications for holidays.
3. **Do not** collect urine in metal or glass urinals, pans or containers.
4. **FEMALES** – If possible, do not collect urine specimens while menstruating.
5. Select a start time usually upon waking in the morning (i.e. 8:00 a.m.). Empty your bladder into the toilet, as usual. Record this time and date on the collection container label and requisition (if applicable) as the start time and date.
6. You must collect all urine voided for the next 24-hour period. Collect the urine starting the next time you urinate, in a clean plastic container. Slowly pour all urine into the 24-hour urine container each time after urinating for a 24-hour period. Replace lid tightly after each collection, swirl gently to mix and keep the container upright in a cool, dark place (refrigerator or a basin with cold water).
7. Collect your final urine sample exactly 24 hours after the start time the previous day. Attempt to void, even if you do not feel the urge to void, empty your bladder completely and add the urine to the container.
8. Record this time and date on the container label and on the requisition as the finish time and date.
9. Deliver the container(s) and requisition to the laboratory as soon as possible after **the collection is completed.**

Note:

- Please refer to the Drug/Diet restriction sheet HHN-0840 if applicable.
- A blood test is required for Creatinine Clearance Urine Test which **must** be collected within 2 days of collection of the urine.