



The following instructions will guide you in the proper collection of a 24-hour urine specimen. In some instances, you will be asked to collect two or three consecutive 24-hour urine samples.

Before collection:

1. Avoid alcoholic beverages and vitamins for at least 24 hours before starting to collect urine and during the collection period. Do not discontinue medications unless instructed to do so by your physician, but inform the laboratory which medications you are taking.
2. Do not exceed your normal intake of liquids or change your dietary habits during the day before and the day of your collection unless your physician gives you specific instructions to do otherwise.
3. Obtain a 24-hour specimen container from the laboratory.

Collection Instructions:

1. Empty your bladder when you first get up in the morning. **FLUSH THIS URINE.** Note the exact time (e.g., 6:15 AM). You will begin the urine collection at this time. Hospital staff will record this time for inpatients.
2. Begin the urine collection with the second void of the day. You should collect every drop of urine during each 24-hour period. It does not matter how much or little urine is passed each time, as long as every drop is collected.
3. Multiple containers may be needed. Keep the container refrigerated or on ice throughout the collection period.
4. If you need to have a bowel movement, any urine passed with the bowel movement should be collected. Try not to include feces with the urine collection. If feces gets mixed in, do not try to remove the feces from the urine collection container.
5. Finish by collecting the first urine passed the next morning, adding it to the collection bottle. This should be within ten minutes before or after the time of the first morning void on the first day (which was flushed). In this example, you would try to void between 6:05 and 6:25 on the second day. Note the exact time of the final collection, even if it is not the same time as when collection began on day one.

After collection:

1. Label the container(s) with patient's full name, date and times of the start and end of the collection. If multiple containers are used, bring **all** containers to the laboratory (do not submit separately). Write the number of containers submitted on the container as 1 of 1, 1 of 2, 2 of 2, etc.
2. Deliver the specimen to the Laboratory as soon as possible.

If you need to urinate 20-60 minutes before the final collection time, drink a full glass of water so that you can void again at the end of the 24 hour period. If you have to urinate 20 minutes or less before the end of the 24 hour period, try to hold the urine until the end of the period.