

24 Hour Urine Collection Instructions for Patients

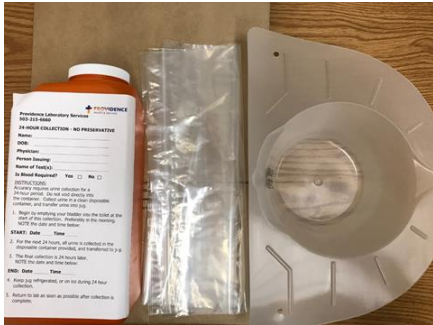
Your doctor has ordered a lab test to be performed on a urine sample. You will be collecting your urine for a 24 hour period. We want to make the process as simple as possible for you.

Patient Name: _____

Test: _____

Doctor: _____

Collection Materials:



- 24 Hour Urine Container
- Toilet hat
- Plastic bag to return specimen
- Copy of your lab orders

It is essential to have a complete and accurate collection. If you accidentally fail to save some of the specimen, return the container to the lab for another. There will be no extra charge.

Collection Instructions:

Do not add anything but urine to the container or pour anything out of the container during this collection.
The collected urine must be kept refrigerated.

- Write your name and date of birth on the container(s)
- Begin the test by emptying your bladder upon arising in the morning. **Do not collect this sample.** Record the time: _____ AM. and the date: _____
- For the next 24 hours collect all urine and transfer it to the collection container. For safety and convenience, urinate into the smaller container provided, and then carefully pour that specimen into the larger collection container
- At precisely the same time the next morning, collect a final urine sample and add it to the collection container. Record the time: _____ AM and the date: _____
- Keep the 24-hour urine sample refrigerated. Deliver it to the laboratory with this form and any other paperwork as soon as possible
- If you need an additional container to complete the 24-hour collection, you may use a sterilized glass jar with tight-fitting lid