

## 24-Hour Urine Collection

The purpose of a 24-hour urine collection is to provide a more accurate record of the output of the kidneys over an exact 24-hour period of time.

- 1) Follow your physician's or the laboratory's directions regarding food, drink, or drugs before and during collection.
- 2) DO NOT urinate directly into container. Urine should be collected in another clean container and then carefully poured into the 24-hour collection container.
- 3) You should empty your bladder completely and discard this sample (DO NOT put this sample into the 24 hour container). The collection of all urine will now begin. Record the date and time that you started with an empty bladder.
- 4) The 24-hour urine container and contents should be refrigerated or on ice unless otherwise directed by the laboratory.
- 5) All the urine over the next 24 hours should be collected and saved in the 24-hour urine container. Obtain a second container from the laboratory if necessary. Do not store any part of the 24-hour sample in a container other than the ones provided.
- 6) Exactly 24-hours after the initial void (which was discarded), empty the contents of your bladder one last time. Collect and save in the 24 hour container, this last void of urine. Record the date and time of last void. Record name and date of birth on the urine container.
- 7) Deliver to the laboratory as soon as possible, in a sealed container to prevent leakage.
- 8) Call laboratory with any questions.