

## 24-Hour Urine Patient Instructions

### **To collect a 24-hour urine specimen:**

1. Follow your physician's directions regarding food, drink, or drugs before and during collection.
2. Completely empty your bladder when you wake up in the morning and discard this urine specimen.
3. Record date and time under "start" and begin the test.

**(EXAMPLE: 5/17/10 @ 7:00 a.m.)**

4. Collect all urine passed during the rest of the day and night for the next 24 hours. Do not urinate directly into the 24-hour collection container. Instead, urinate into a separate clean container and then carefully pour the urine into the collection container. **(NOTE: Keep container refrigerated during collection.)**
5. Make the final collection the next morning at the same time and record under "finish." **(EXAMPLE: 5/18/10 @ 7:00 a.m.)**
6. Take the 24-hour specimen to your physician's office or hospital laboratory as soon as possible.
7. Be sure to bring physician orders with the specimen. Be sure the specimen is labeled accurately with your Name and Date of Birth.