



UNMC<sup>SM</sup>

REGIONAL  
PATHOLOGY SERVICES

## **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. Empty bladder completely on awakening 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. All urine passed during the rest of the day and night for the next 24 hours must be poured into the container. Do not urinate directly into the container. Urine should be collected in another clean container and then carefully poured into the 24-hour collection container. (Note: Keep container refrigerated during collection.)
5. Make 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.