

# 24-hour Urine Collection

Your physician has requested a test that requires a complete 24-hour collection of urine. This collection must be performed in a very specific manner to assure accurate and reliable test results. For some tests, the Patient Service Center staff may also have to collect a blood sample before or after the urine collection, and they may also require you to provide other information (such as a current height and weight). Please familiarize yourself with the following instructions before beginning the collection process:

- ① Please note that some samples will require that the Patient Service Center staff add a preservative to the container prior to collection. Some preservatives are extremely irritating, and patients are cautioned not to urinate directly into the collection container.
  - ② Some collections may require you to refrigerate the sample during the collection process, even if a preservative has been added.
  - ③ When beginning the collection, your bladder should be emptied upon arising in the morning. **Discard this urine.** Note the time and date on the jug's label.
  - ④ From this time on, collect **all** urine passed throughout a 24-hour period and pour it into container provided. Remember that you should **not** urinate directly into the container, as the preservative could be harmful if splashed on skin.
  - ⑤ The final collection should be made upon emptying bladder the following morning at the same time the test was begun the previous day.
  - ⑥ If an additional container is necessary for complete collection, a **clean** glass jar may be used.
  - ⑦ The entire specimen should be delivered to the Patient Service Center as soon as possible after collection is complete.
  - ⑧ Some procedures **require** a current height and weight of the patient being tested. Please bring this information with you to the Patient Service Center.
  - ⑨ Some procedures require that a concurrent serum sample be drawn. Generally speaking, this sample must be drawn within 24 hours of the time that the urine collection is completed.
- ✓ If you forget or accidentally fail to save some of the specimen, return the container to the lab for another. There will be no extra charge.
  - ✓ If you have any questions or comments regarding this collection procedure, please do not hesitate to give us a call at the number below:



*Provided for the clients of*