

24-hour Urine Sample Collection Instructions



Patient Name: _____

Patient Height: _____

Patient DOB: _____

Patient Weight: _____

General instructions:

1. **The accuracy of the test results depends on the proper timing of the specimen collection.**
2. **Do not drink any alcohol** during the 24 hours you are collecting the specimen.
3. Keep the jug with the urine that is collected in the **refrigerator**.
4. If you have any questions or concerns, call (877) 392-1234

To start the collection:

1. Empty your bladder. Do not save this urine, **FLUSH** this urine.
2. Write the start date and time on the jug label and below:
Start: Date _____ **Time** _____
3. From then on, void urine into Specimen Collection Hat and pour **all** your urine in the jug provided, day and night. Rinse the plastic urine cup or collection hat with tap water after each use and allow to air dry.
4. If jug is getting full contact the lab for a second jug.

To finish the collection:

1. Exactly 24 hours after the date and time you started the collection, empty your bladder, and add this urine to the jug.

Example: If the urine collection was started at 9 a.m., the final urine would be collected and added to the jug at 9 a.m. the following day.

2. Write the date and time on the jug label and below:

End: Date _____ **Time** _____

3. Bring the jug(s) to the laboratory as soon as possible after finishing the 24-hour collection period.

IMPORTANT NOTE:

When dropping of the specimen please ensure that you check with the **laboratory** staff. There are times when a blood sample is also required, or additional information is needed.