

24 Hour Urine Collection – Patient Instructions

Patient Name: _____ **Date of Birth:** _____

CLEARLY LABEL THE SPECIMEN CONTAINER WITH PATIENT'S FULL NAME, DATE OF BIRTH, DATE AND TIME OF COLLECTIONS.

****Specimen may be rejected if this crucial step is omitted!****

- For proper evaluation of tests on a 24-hour urine sample it is important that a complete and accurate collection be made.
- Drink your normal amount of liquids during the collection period unless otherwise instructed by your physician.

DO NOT DRINK ANY ALCOHOLIC BEVERAGES. AVOID BEVERAGES CONTAINING CAFFEINE.

1. 24 hour urine collection jugs must be obtained from the Laboratory. No other collection container is acceptable. **DO NOT REMOVE ANY TABLETS OR PRESERVATIVE THAT MAY BE IN THE BOTTLE.**
2. Empty your bladder into the toilet when you wake.



Note date & time of first void after waking: _____ **AM / PM (circle one)**

3. From this point forward collect ALL urine you pass during the day in the 24 hour urine collection jug. Use a urine collection toilet insert to collect urine and pour into 24 hour urine collection jug. **DO NOT** attempt to void directly into the 24 hour urine jug.
4. Make your final collection into the 24 hour urine collection jug when you empty your bladder the next morning at the same hour you discarded your first urine the previous day.



Note date & time of last collection: _____ **AM / PM (circle one)**

5. Keep the collected urine refrigerated if possible and bring it to the Laboratory as soon as possible after the 24-hour collection is completed.
6. Bring this instruction sheet (with the noted dates & times) to the Laboratory with the 24 hour urine collection jug.

*** A 24-hour collection for Creatinine Clearance will also need a blood sample drawn within 24 hours of urine collection time.**