

## 24-hour Urine 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. Some tests require **acid or base** be added to the container prior to collection. If your testing requires an additive, the lab will notify you, add the additive and label the container appropriately. Do not void directly into the jug. **TAKE CAUTION TO NOT EXPOSE YOURSELF TO THIS CHEMICAL.** If exposed, follow the instructions on the label.
4. Keep the jug with the urine that is collected in the refrigerator.
5. 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 as shown:  
**Start: Date** \_\_\_\_\_ **Time** \_\_\_\_\_
3. From then on, void urine into Specimen Collection Hat and pour all your urine into the jug provided, day and night. Rinse the 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 as shown:  
**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 off 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.