

24 HOUR URINE COLLECTION INSTRUCTIONS

PURPOSE

The accuracy of any urine test depends on proper specimen collection. There may be a certain diet or requirement for each test. See individual test for any special diet, requirement or preservative.

PROCEDURE

1. Empty bladder first thing in the morning. *Discard* this first specimen and note the time. The collection time starts with an empty bladder.
2. **Document the start date and time on the specimen jug.** From this point, collect ALL urine passed during the day and night into this container.
3. On the following day, at the same hour the collection was started, empty your bladder and add this final collection to the container. The final specimen is now a 24 hour collected specimen. **Document the end date and time on the specimen jug.**
4. Return the 24 hour specimen to the laboratory or doctor's office as soon as possible. Maintain the specimen at the temperature it was collected at until it can be delivered to the laboratory or doctor's office.
5. The specimen label needs to be complete. Required information:
 - Patient First and Last Name
 - Ordering physician
 - Test(s) requested
 - Preservative (if applicable)
 - Start date and time of collection
 - End date and time of collection
 - Patient's height and weight (for Creatinine Clearance Test)

Please call MedLabs if you have any questions: 319.368.5650