

**24 Hour Urine Collection
(No Preservative)**

Instructions:

When collecting a 24 hour urine specimen it is important that you know this test is accurate ONLY if the collection includes ALL urine passed in a 24 hour period.

1. For collection you have been given the following:
 - Urine collection container. **Keep the container out of reach of small children.**
 - Specimen collection hat or you may substitute the collection hat with a clean container for collection. Transfer the collected urine into the 24 hour container after each urine collection.
 - Instruction sheet
2. To Prepare
 - Do not try to urinate directly into the container. Collect urine in a separate clean container or the collection hat and carefully empty it into the 24 hour urine container after each voiding.
 - During and after collection keep the collected urine cool or refrigerated. Do NOT freeze.
 - If any urine is spilled or not collected, please call your doctor. You may need to start over with a new collection container.
3. Label the 24 hour urine container with your first and last name and your date of birth.
4. To start the collection, collect your first morning urine specimen. **Discard this urine specimen** and note the date and time.
Date: _____ **Time:** _____
Write the start date and time also, on the 24 hour urine container urine card attached to the container.
5. Collect all urine that you pass for the next 24 hours. Collect a last urine specimen exactly 24 hours after the first specimen was collected, as noted above.
Write the finish date and time on the 24 hour container urine card attached to the container. The 24 hour collection is now complete
6. Return the 24 Hour Urine Container to one of the OhioHealth Laboratory Services Patient Service Sites the day the urine collection is complete.

NOTE: Some tests may require a blood collection, when you return the 24 hour urine container.