24-HOUR URINE COLLECTION

Proper collection and preservation of 24-hour urine specimens are essential for accurate test results, and patients should be carefully instructed in the correct procedure.

In most cases, collection starts after the patient empties his bladder in the morning. This initial voiding is not included in the 24-hour collection. Note the time of voiding on the label of the specimen container. Collect all urine voided for the next 24 hours, including the first specimen voided the following morning at the same time as the previous morning’s first discarded voiding. Incomplete specimens produce inaccurate test results.

The specimen should be collected in a clean, labeled container provided by the laboratory. This container may contain preservatives; instruct the patient not to empty any powder or liquid from the container before beginning the collection.

The specimen should be, in most cases, refrigerated or kept in a cool place during collection. Each voiding should be added to the container as soon as possible. Urine is an excellent culture medium and many of its constituents decompose quickly at room temperature.

Before pouring off the required aliquot, thoroughly and gently mix the contents of the collection container to ensure that its components are distributed evenly and the specimen is a representative sample. If a preservative is to be added to the aliquot, do so immediately and mix well.

In most cases, the aliquot should be refrigerated until courier pickup or delivery. For frozen specimens, freeze before packing in dry ice for shipment.

Always record the total volume of the 24 collection on the specimen container submitted to the laboratory and on the Test Request Form.

INSTRUCTIONS FOR A 24-HOUR URINE COLLECTION

It is important that this urine collection be a complete 24 – hour sample to ensure validity of test results.

Please follow these instructions:

1. Begin at 7:30 a.m. in the morning
2. Void at 7:30 a.m. and discard this urine.
3. Collect all urine specimens until 7:30 a.m. the next morning.
4. Void at 7:30 a.m. and ADD this urine to the collection.
5. Deliver the urine to the laboratory by 9:00 a.m. that day.
6. Please wait for the laboratory personnel to review the tests ordered, to confirm whether or not you need to have your blood drawn to complete the order. i.e.) CREATININE CLEARANCE orders require the patient to have a blood sample drawn when urine sample is returned.

It is acceptable to choose another time to start the 24 hour test, however, you should adjust your completion time to make sure that all urine for the 24 hour period is collected and returned to the laboratory promptly.

NOTES:
Please keep the specimen refrigerated during collection until you are able to deliver it to the laboratory.