

24 Hour Timed Urine Collection

Container:

24-Hour Timed Urine Jug, 2500 mL available from Laboratory Customer Service	Brown Jug, See Urine pH Adjustment and Preservatives:24- hour Collection
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Instructions for the office:

1. See the list of 24 hour urine preservatives below.
2. If you do not have a 24 hour timed urine jug with the appropriate preservative, call (802) 847-5121 to request one. We will send it to your office as soon as possible. You can also send the patient to one of our Patient Service Centers to pick one up.
3. Before giving the container to the patient label it with two patient identifiers. When you get the urine container back from the patient, make sure the **Collection Begun and Collection Completed sections** are filled in on the container.
4. Refrigerate the sample until it is sent to the laboratory.
5. An outpatient laboratory order must accompany the sample, as well as the "Collection of 24 Hour Timed Urine Specimen Form".

Instructions for Patients:

24-hour urine containers are available from laboratory Customer Service (847-5121). Please arrange for patients to have the correct container prior to collection (See our Test Catalog <https://uvmlabs.testcatalog.org/>). Collection in the wrong container may cause the sample to be unsuitable for the tests ordered. In addition to the 24 hour timed urine collection container, patients will receive a brochure with the following instructions and a 24 hour timed urine specimen form.

1. Patients must not collect a 24 hour timed urine under the following circumstances.
 - Menstrual periods
 - Urinary Tract Infections
 - Strenuous exercise
2. Instruct patients to maintain a normal diet and fluid intake before and during collection unless the physician has specified otherwise.
3. Be sure your patient has a laboratory order identifying the test(s) requested.
4. Instruct patient to fill out the "Collection of 24 Hour Timed Urine Specimen Form prior to collection". Patients may also need to bring a physician order (laboratory requisition) to the lab when they bring in the sample.
5. Instruct patients to keep the 24 hour timed urine jug in an upright position at all times.
6. Patient must also be sure the white cap is securely screwed on top of the jug.
7. The 24 hour timed urine jug may contain a preservative that is required to do the tests requested. There may be a hazard sticker as well as a sticker identifying the specific hazard attached to the jug.
8. Patients must not urinate directly into the container; Use the hat provided or urinate into a clean container and carefully pour the urine into the jug.
9. Instruct patients to keep the jug out of reach of children.
10. Patients also must keep jug in a cool place during collection. Refrigerate or place in a cooler with ice. Do not store urine in a different container than the one given to you by your health care provider.
11. **BEGIN COLLECTION**
Collection period begins when the patient gets up in the morning and urinates directly into the toilet. Record the date and time on the collection form.

Collection Begun

Date: ___/___/___ Time: ___:___ AM / PM

The next urination is the first collection.

Patients must collect and save **all** urine passed for the next 24 hours.

12. **COMPLETE COLLECTION**

The final collection should be approximately 24 hours from the start of collection, collect your first urination in the morning. Record the date and time on the collection form.

Collection Completed

Date: ___/___/___ Time: ___:___ AM / PM

If the patient has collected more than one container, indicate so on the collection form.

Refrigerate sample until delivery to the laboratory.

All 24 hour timed urine samples should be delivered to the lab within 12 hours of completion of collection.

Failure to follow these instructions may result in the need to recollect the sample.

13. **PACKAGING URINE FOR TRANSPORT:** Instruct patients to:

- Be sure sample is labeled with full name and date of birth.
- Be sure the cap is secure on the top of the jug and keep jug upright.
- Put the jug into the large inner sleeve of the zip lock bag provided.
- Put the laboratory order provided by the physician in the outer sleeve.

14. **DELIVERY TO THE LAB:** When the patient delivers the sample to the lab they will need to plan some extra time so that we can collect their insurance and demographic information. If someone else is dropping off your sample they will need to be prepared to provide insurance and demographic information.

Please visit our [web site for Laboratory Service Center locations and hours.](http://www.uvmhealth.org/medcenterdrawsites/)

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Preservatives: 24-Hour Collection

Each test has a specific numbered jug as to the preservative required for testing.

JUG A -	NO preservative. Refrigerate
JUG B -	25 mL 50% Acetic Acid. Refrigerate
JUG C -	10 gms Boric Acid. Refrigerate
JUG D -	5 gms sodium carbonate. Refrigerate
JUG E -	20 mL 6N HC1. Refrigerate
PEDI JUG B* -	15 mL 50% Acetic Acid. Refrigerate
PEDI JUG C* -	5 gms Boric Acid. Refrigerate

These jugs are available at the Patient Service Center (laboratory Services) at the Fanny Allen Campus and Ambulatory Care Center. One South Prospect also has jugs; please call Laboratory Customer Service (802)847-5121 for assistance.

*Usually a pediatric patient (for the purpose of a 24-hour urine) is considered anyone less than 5 years old.