

Benefis Health Systems Department of Pathology
 Laboratory/Clinical Policy/Procedure
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TITLE: 24-HOUR URINE COLLECTION AND PRESERVATION

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PURPOSE:

The 24-hour urine collection is used to obtain more accurate measurements of total urine protein, glucose, steroids, creatinine, or electrolyte secretion.
 The 24-hour urine collection may require the addition of a chemical preservative to maintain the integrity of the analyte to be tested. Look up online for reference lab preservative requirements to be added after collection. Urine collections should be kept on ice or refrigerated throughout duration of the collection.

COLLECTION PROCEDURE:

- I. Brown wide mouth collection jugs are used for 24-hour urine collection.
- II. Label the bottle with the appropriate label provided which is self adhesive to the brown jug.
Note: The laboratory supplies the brown collection jug, self adhesive patient label and directions for 24 hour collection.
- III. Have the nursing unit complete the label with patient information and the test being requested.
- IV. To begin the 24-hour urine collection, the patient should be asked to empty his/her bladder at a fixed time, discard the specimen, and note date and time for start of collection.
Note: If patient has catheter bag, discard, begin collection, and record date and time.
- V. Instruct patient or nurse to collect all voided urine during the 24-hour period and add to the collection container.
- VI. The collection should end exactly 24 hours after it began. The patient label must be filled out completely with the date and time collection started and finished, name and hospital number.
- VII. Specimen Label
 Example:

Name _____
 Hospital No. _____ Dr. _____
 Test _____
 Preservative _____

 Remarks _____
 _____ Volume _____ ml.
 To be initialed by Technologists:
 Given out by _____ Received by _____
 CRCL Blood drawn
 Height _____ Weight _____

Nursing Unit
 (Please complete questions below)

RN starting collection: _____
 Date: _____ Time: _____

RN completeing collection: _____
 Date: _____ Time: _____

Remarks _____

Bottle No. _____ Test No. _____

8. Instructions for collection of 24-hour urine specimen:

**INSTRUCTIONS FOR COLLECTION OF 24-HOUR URINE
SPECIMEN**

For proper evaluation of tests on a 24-hour urine sample, it is important that a complete and accurate collection be made.

Drink less liquids during the collection period than you usually do unless instructed otherwise by your physician. Do not drink any alcoholic beverages.

1. Empty your bladder when you get up in the morning and discard this urine.
(_____ a.m., _____)
2. From then on, collect in a clean bottle all urine you pass during the day and night.
3. Make your final collection when you empty your bladder the next morning at the same hour.
(_____ a.m., _____)
4. Keep the collected urine refrigerated, if possible, and bring it to the Laboratory as soon as possible after the 24-hour collection is complete.

For preservatives and testing, refer to online list for Mayo Medical Laboratories or other reference lab being utilized.

REFERENCES:

- I.* Burzel, Nancy A., Fundamentals of Urine and Body Fluid Analysis, Saunders 2004.
- II.* Schuman, G. Berry, Friedman, Sheryl R., Wet Urinalysis, ASCP 2003.

APPROVAL AND REVIEW:

Approved by: Craig Carson MD 10/18/2016

Reviewed by: Eric Peterson MT(ASCP) CLS(NCA), 09/04/2018

DEPARTMENT LOCATION: Urinalysis