



PATIENT COLLECTION INSTRUCTIONS 24 - Hour Urine Specimen

You have been given a 24-hour urine collection container to perform a test ordered by your physician. You will need to begin your 24-hour collection in the morning time. Please follow **the** directions below:

- 1) When you wake in the morning, you will void your first morning urine specimen. Do not collect this urine specimen.
- 2) For the next 24 hours you will collect each urine specimen in the container given to you by the lab.
- 3) The container **must stay cold** during this collection. You may keep it in the refrigerator or on ice. If you keep it on ice, please make sure you replace the ice once it has melted. Please do not keep your container in the freezer.
- 4) The next morning when you wake, you will collect your first morning urine specimen.
- 5) Bring your urine container and any doctor's orders back to the lab. Sometimes we will need to draw blood from you when you return your urine specimen.

Collection example:

Wake at 8am, void urine specimen. Collect all urine specimens for the next 24 hours. The following morning, collect the 8am-urine specimen.

- a) Make sure container stays in refrigerator or on ice.
- b) Don't drink more than you normally would.
- c) The test is for the evaluation of normal urine output. Don't force yourself to urinate.

If you have any questions about your collection please call the lab at (307) 577-2365, press 9 for front desk Monday –Friday from 08:00 A.M. – 5:00 P.M.; after hours press 2 for Chemistry.

NOTE: Do NOT urinate directly into the container. Urinate into a separate receptacle and pour the urine into the 24-hour urine container. Ensure that you tilt the container and pour the specimen down the side to avoid splashing.