

24-Hour Urine Collection Instructions

*Please read these instructions prior to leaving.
If you have any questions, please ask the laboratory staff.*

Patient Name		Patient Height	
Patient Birthdate		Patient Weight	

Your urine test will not be accurate and you may need to repeat the urine collection again if any of the urine you pass during the 24-hour time period is not placed in the provided collection container and returned as instructed.

DO NOT drink any alcoholic beverages during the collection procedure.

Please record your “start” date/time and “stop” date/time on this form and on the collection container. These times are needed for accurate test results. The stop time is 24 hours after the start time. For example, if you start at 7AM one day, your stop time is 7AM the following day.

Start Date:		Start Time:	AM/PM
Stop Date:		Stop Time:	AM/PM

Instructions

1. Use the plastic urine cup or hat provided to catch **ALL** the urine you pass each time you urinate for the next 24 hours. **DO NOT** void directly into the 24-hour collection container.
2. Empty your bladder immediately prior to beginning the urine collection and **DISCARD** this urine. Record this as the “start” time of the 24-hour urine collection.
3. Collect **ALL** subsequent urine that you pass throughout the day *and* night and pour each voiding into the 24-hour urine container. Rinse the plastic urine cup or hat with tap water after each use and allow to air dry.
4. Collect the **FINAL** specimen the following day at approximately the same time. Empty your bladder and **SAVE** this urine. Add the final specimen to the 24-hour urine container. Record this as the “stop” time of the 24-hour urine collection.
5. Keep the 24-hour urine container **refrigerated** throughout the collection procedures.
6. Return the sample to the Sanford Patient Service Center or a Sanford laboratory as soon as possible after the 24-hour urine collection has been completed.
7. Verify that the container is labeled with your full legal name, date of birth and collection date.
8. Verify with the staff that additional information (i.e. height and weight), or additional samples (i.e. blood draw) do not need to be obtained for your test before you leave.