

24 hour Urine Collection

These are general collection instructions, please call Great River Medical Center Laboratory with specific testing questions or to obtain collection containers.

Please read all of the instructions before you begin your urine collection.

Contents of Collection Kit:

- Instruction brochure
- Labeled 24-hour urine collection bottle(s), which may or may not contain a preservative
- Plastic collection cup

Introduction:

- Your physician has requested this 24-hour urine collection as part of your health care. It is important that you follow these instructions to provide a valid test sample. The collection must include all the urine you pass in a 24-hour period. The test will be inaccurate and may have to be repeated if, for any reason, some of the urine you pass during the 24-hour period is not placed into collection bottle.
- Please tell the laboratory technician or nurse if you are taking an antihistamine (allergy or cold remedy).
- **The collection bottle may contain a preservative. Do not discard it.**

Collection Instructions:

- Collect all the urine you pass for the next 24 hours. Use the plastic cup provided, a clean paper cup, or a clean glass container to catch your urine each time. It is preferred to start a 24 hour urine collection first thing in the morning. Urinate at the start time and discard this first urine. (This was formed before your collection period began and should not be part of your collection.) Place all other urine into collection bottle each time you urinate including the urine voided after waking the next morning. Do not refrigerate specimen unless instructed otherwise.
- Do not use a metal container to catch urine.
- Do not urinate directly into collection bottle because the preservative could splash on you, causing a burn.
- To end collection, urinate at the stop time. Put the urine into collection bottle. (This urine was formed during your collection period and should be part of your collection.)
- If you are doing an additional 24-hour urine collection and want to start immediately, repeat the “Collection Instructions.”
- Record your start and stop times here and on the collection bottle label. Stop time is 24 hours after start time.

Start: _____ day _____ a.m./p.m. Stop: _____ day _____ a.m./p.m.
