



# Instructions for your 24-hour urine collection

Your doctor has ordered a test that requires you to collect all your urine over a 24-hour period. Please follow the procedure for this timed collection period carefully, as it will allow us to perform the test accurately and to obtain the best possible information for your doctor. Make sure you collect every drop of urine once you begin.

1. Obtain a labeled, 24-Urine container from your doctor or outpatient laboratory. This will be the primary container that will hold the urine you return to the lab or your doctor's office. It should be labeled with your name, medical record number (MRN), date of birth (DOB) and the tests that have been requested by your doctor.
2. Your 24-Urine container may contain a preservative. If it does, you should receive a precaution letter. If you do not receive this letter, ask your doctor or lab for one.
3. Plan to collect your urine so that you can deliver it to your doctor's office or the lab within one day.
4. To get started, empty your bladder as usual but do not keep this urine. Discard it. This begins your collection period. Write the time on the label.
5. For the next 24 hours, collect all urine in the container. If even one specimen of urine is not collected, the results will not be valid and you must start the 24-hour collection period over again. If you must restart and your 24-Urine container contained preservative, contact your doctor or lab to obtain another one.
6. At the end of the 24-hour collection period, empty your bladder one last time, save the specimen in your 24-Urine container and write the final time on the label.
7. Keep the collection container in the refrigerator during the collection period and until you return it to your doctor or lab. Make sure you have written the beginning and ending collection times on the label.

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