

## **INSTRUCTIONS FOR 24-HOUR URINE COLLECTION**

- 1. When you get up in the morning, empty your bladder but do not save the first specimen. Urine collection should be started just after the time you have voided the first time. Example: If you awaken at 6:00 a.m., urinate and discard specimen. Collection begins at 6:05 a.m.**
- 2. It is very important that you save all urine voided in a 24-hour period. This includes urine voided during the night and urine voided until the same time you began the collection the previous day.**
- 3. Urinate directly into the plastic container that you are given for this collection. (If you cannot urinate directly into container, collect urine in a clean container and pour into the collection container.)**
- 4. All urine voided in a 24-hour period goes into the same container. If you have an excessively high urine output, you will be given two containers. Collect urine in one container until almost full and then switch to the second container to complete the 24-hour collection.**
- 5. It is preferable to keep urine container either in a refrigerator or in an ice chest.**
- 6. Deliver urine container back to your physician's office as soon as possible following collection for 24 hours. (The same morning your collection is completed if at all possible.)**
- 7. If a second 24-hour collection has been ordered, begin collecting the second series of urine collection in a separate container just after the first one is completed.**
- 8. Place the lid on the container tightly so that no urine is lost.**

**Note: Urine voided first thing in the morning is the most concentrated specimen of the day. If one collects these concentrated specimens from two mornings, then the concentration of substances that are measured is falsely increased. If one does not collect urine for a complete 24-hour time period, then the concentration of substances is underestimated.**

**If you have questions about this 24-hour urine collection, please call your physician's office for further direction.**