



INSTRUCTIONS FOR 24 HOUR URINE COLLECTION

1. Start of collection

It is important to start the collection with an empty bladder. To do so:

- a) On rising in the morning, urinate into the toilet. **DO NOT SAVE THIS URINE.**
- b) At this time write down the time and date in the “Start Date and Time” section at the bottom of this page.

2. 24 Hour Collection Period

Save all urine collected for the next 24 hours, that is, 24 hours from the “Start Time”. The total collection time should be at least 22 hrs but no more than 26 hrs. A cup or a clean container may be used to collect the urine. The urine collected should be poured into the large brown container.

3. End of Collection

- a) Urinate (if possible) at the end of the 24 hour period and pour into container.
- b) Write down the date and time in the “End Date and Time” section at the bottom of this page

IMPORTANT:

- a) If you spill any urine, estimate how much and write down the approximate amount spilled, such as $\frac{1}{2}$ cup, $\frac{3}{4}$ cup, 1 cup, etc.
- b) If your urine collection requires container preservative (provided by the Lab), please follow the precautions regarding the preservative. Leave the preservative in the container to mix with the urine specimen. **DO NOT DISCARD THE PRESERVATIVE.**
- c) Please label the container with your first and last name and date of birth.
- d) Return this form, the Doctor's order, the container and all related forms to the URMCLabs patient service center within 24 hours of finishing the collection.
- e) **Keep the urine collection container refrigerated during collection.**

****A blood sample is required with some urine collection. Please call the lab to check prior to bringing in the sample.**

Patient Name _____

Date of Birth _____

Start Date: _____

Start Time _____

End Date: _____

End Time _____

Height _____

Weight _____

Spilled Urine _____

If you have any questions regarding the specimen collection, please contact URMCLabs Client Services at 350-2600.

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