

24 Hour Urine Collection Instructions

1. For your physician to receive accurate results on the tests that have been ordered for you, you must collect all the urine that you produce during an entire 24 hour period.
2. Drink your usual amount of liquids during the collection period, unless instructed otherwise by your physician. Do not drink any alcoholic beverages. Avoid caffeine and other diuretics.
3. Start the 24 hour period by urinating into the toilet upon rising in the morning. Empty your bladder completely. Do not collect this sample.
4. On the container, write down this start time; from this point forward, collect all urine voided for the next 24 hours. Place all collected urine into this container.
5. During the 24 hour period, this container should be kept refrigerated.
6. At exactly the same time the following morning, void completely again and add this sample to the container. Write down this completion time on the container.
7. Specimen should be delivered to the clinic or laboratory as soon as possible after collection is complete.

NOTE: If you forget to save some of the urine during the 24 hour collection period, you should contact your provider as soon as possible for instructions. The collection will need to be started over.