

## COLLECTION OF 24-HOUR URINE SPECIMEN

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

### Notes:

It is essential that this procedure be followed very carefully. Test results are based on the total amount of tested substance excreted by your body over a 24-hour period. The results provided to your clinician depend upon the collection of all urine excreted during an entire 24-hour period.

For some tests there are dietary and drug restrictions. Check with your clinician or the laboratory before beginning the specimen collection. You may drink as much fluid as you normally would during the 24-hour collection period.

### Instructions:

- Obtain the proper 24 hour urine container for the test requested. **DO NOT remove any liquid preservative that may be in the container.** Note any warnings or instructions, which may be printed on the outside of the urine container.
- Write your full name and date of birth on the container label.
- **DO NOT void directly into the 24 hour container.** Collect urine in another container and pour it into the 24 hour container.

### DAY 1

- First thing in the morning at a designated time (for example 7:00 AM) completely empty your bladder and DISCARD this first morning specimen. Record the 'exact' start time and date on the container.
- Collect ALL specimens during the remainder of the day, evening and night for the entire 24-Hour period. And add ALL the specimens to the container. Gently shake the container after each urine specimen is added. Keep the urine container **refrigerated** during the collection period and until you bring it to the laboratory for testing.
- Prior to a bowel movement, you should first empty your bladder and add that urine to the 24-hour container. This precaution will avoid loss of urine.

### DAY 2

- Exactly 24 hours later (for example 7:00 a.m.) completely empty your bladder and add this specimen to the container. This is the last specimen and completes your 24-hour collection.
- Record the 'exact' end time on the container. If you have a requisition, write the date and time on the requisition.
- Replace the cap and tighten it firmly.

**Refrigerate** the specimen until you can bring it to the laboratory. Bring specimens to the laboratory as soon as possible.

If you were on a special diet for this test, you may resume your normal diet after the specimen is collected.