

## 24-hour Urine Collection Instructions

### FOR THE PATIENT

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Follow these instructions in collecting your 24-hour urine specimen.

You will find it more convenient to void (urinate) into the smaller container provided and transfer the urine into the larger collection bottle. Do not add anything but urine to the bottle and do not pour out any liquid or powder that may already be in the collection bottle.

The collection bottle should be kept refrigerated throughout the collection period.

1. Upon arising in the morning, urinate into the toilet, emptying your bladder completely. **Do not collect this sample.** Note the exact time and **write it down on the container label** (request form).
2. After this time collect all urine voided for 24 hours in the container provided by the physician. **All** urine passed during the 24-hour time period (**day and night**) must be collected.
3. **Refrigerate** the collected urine between all voidings or keep in a cool place.
4. At exactly the same time the following morning, void completely again (first time after awakening), and add this sample to the collection container. This completes your 24-hour collection.
5. Take the 24-hour specimen to the physician's office or laboratory as soon as possible.