



## VCUHS Laboratories

### 24 HOUR URINE COLLECTION INSTRUCTIONS

1. Obtain a urine container from your physician or the laboratory staff. The container should be clean, dry and will not contain any preservatives, liquids or powders.
2. Check to make sure your full name is on the collection jug. It is important that your specimen is labeled with your name (first and last).
3. **Discard the first urine on the morning you begin the collection.** From this point on, you place all urine in your collection jug. Please note the start time and date on the jug.
4. Save all urine during the day and the night, placing it in the plastic jug. Keep the jug refrigerated during the entire collection, for example on ice in a cooler, or in the refrigerator.
5. **The following morning, SAVE your first morning urine** in the plastic jug. The collection is now complete. Please write the ending time and date on the plastic jug.
6. Return your jug to the Laboratory as soon as possible after completion, during the day of the final collection. Keep on ice until returned to the laboratory.
7. When complete, your jug should be labeled with your name, the time you started and ended your collection. *Example:* JANE DOE  
Start Date/Time: 8am Jan 1, 2026  
End Date/Time: 8am Jan 2, 2026
8. If you have any questions, please call the laboratory that you are returning the urine specimen to:

VCUH Main Hospital Laboratory, Pathology Client Services: (804) 828-7284

VCUH Community Memorial Hospital Laboratory: (434) 584-5274

VCUH Tappahannock Hospital Laboratory: (804) 443-6172