



## 24-Hour Urine Collection Procedure (Copy and give to patient)

1. Urinate upon waking in the morning and **DISCARD** this specimen before starting the collection.
2. Note the **Start Date** \_\_\_\_\_ and **Time** \_\_\_\_\_ a.m.
3. Collect ALL of urine during the next 24 hours in the container.
4. Keep the specimen in the refrigerator OR in an ice bath until delivered to the physician's office or the laboratory. (Note that certain tests require a preservative in the container during the collection period. The preservative is likely an acid and the container will be labeled as such. Do not spill or inhale the contents of the jug as acids are caustic/hazardous.)
5. The final collection should be at the same time the following morning. Attempt to empty the bladder at that same time whether there is a feeling to urinate or not.
6. Note the **End Date** \_\_\_\_\_ and **Time** \_\_\_\_\_ a.m.
7. Deliver to laboratory as soon as possible upon completion of the 24 hours.

NOTE: Some 24 hour urine tests require a blood sample drawn during or very close to the urine collection period (i.e. Creatinine Clearance). Certain tests require patient's height and weight.

\*\*Collecting the entire urine production during the 24 hour period is crucial to accurate test results.

Please call HRRMC Laboratory @ 719-530-2260 with any questions