

Patient instructions for 24 HOUR URINE COLLECTION

You have been advised to collect a 24 hour urine specimen. This is an important test.
Please follow this procedure to accurately and completely collect the urine specimen.

Firstly, please go to the laboratory to receive all items necessary for the urine collection (urine collection bottle (jug), bag for jug, and other items/ instructions they may give you) and write your name and date of birth on the jug.

1. At the beginning of the collection period (typically first thing in the morning), **VOID** (urinate, aka empty your bladder) **and DISCARD** that urine.
Now record the time and date that you voided and discarded the urine.
2. **ALL urine passed over the NEXT 24 hours MUST be collected** in the collection bottle.
EVERY DROP COUNTS!!!!
 - If you urinate during the night, please collect the urine.
 - If you urinate while having a bowel movement, please collect that urine, but do not include any stools with the urine collection.
 - Keep the **collection bottle with the urine in a cool place**. This may be done by keeping the specimen in the refrigerator, or on ice such as in an ice cooler. Alternatively, if refrigeration is not possible, then the urine specimen may also be at room temperature for about 24 hours.
 - The specimen may stay refrigerated for up to 3 days before delivering the collection bottle to the laboratory.
3. At the end of the collection period, which will be the same exact time of the day that you voided and discarded the urine from the day before, **VOID AND COLLECT** this urine into the collection bottle. This concludes the 24-hours collection.

The urine specimen should be brought to the laboratory along with any necessary paperwork. Please be sure your name and date of birth are clearly written on the urine collection bottle. Sometimes, blood work may be also needed to be drawn when you bring the urine specimen to the laboratory.

If you have any questions regarding the 24-hour urine collection, please call the Endocrinology Department of Reliant Medical Group at 508-425-5880