

## Patient Instructions

# 24-Hour Urine Collection

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1. Prior to beginning the urine collection, avoid alcoholic beverages and vitamins for at least 24 hours prior. Do not discontinue medications unless instructed to by your physician. Inform the laboratory which medications you are taking.
2. Do not exceed your normal intake of fluids or change your dietary habits during the day before and the day of your collection unless your physician gives you specific instruction to do so.
3. You will receive a large and small container for the collection of your urine specimen. The small container is to be used to catch each void to be transferred into the large container.
4. Label the container with your Name, Date and Time you begin and end the urine collection, and Your Height and Weight.
5. Begin your 24 Hour urine collection on any morning.
6. Empty your bladder when you first wake in the morning. DISCARD this specimen and write the date and time on the large container. This is the start date and time.
7. From that time on, collect all urine passed during the day and night in the small urine container and pour it into the large container. You may rinse the small container with water, however make sure that it is dry before using again.
8. It is important to collect ALL urine during the 24 hour period. An incomplete collection will result in an inaccurate interpretation of the test results.
9. If you miss a urine collection, please obtain a new container from the laboratory and restart the process.
10. Should you have a bowel movement during this collection period, try to pass your urine prior to the bowel movement to avoid any loss of urine or contamination with fecal elements.
11. Make your final collection when you empty your bladder the next morning, which should be at the same time of the morning that you started your collection on the previous day. Document this as the end date and time.
12. Keep all urine in the large container REFRIGERATED for the entire collection period until it is submitted to the laboratory.

Bring the specimen to the laboratory as soon as possible after completion of the 24 hour period. A blood collection may be necessary when you bring the urine specimen to the laboratory.

If you should have any questions, please contact the Laboratory Patient Care Services at (301) 754-7835.