



PATIENT INSTRUCTIONS FOR THE COLLECTION OF 24 HOUR URINE SAMPLE

Please read the following directions before collecting urine for 24 hour sample. The instructions will tell you how to collect the best possible specimen. Only good specimens give good results.

ABOUT THE COLLECTION KITS:

You will be given the following:

1. A 24 hour urine collection container containing the appropriate preservative for the ordered test. It will be labeled with your name, chart number, test name, and any safety precautions needed for the preservative.
2. A urine collection device, if needed. (Plastic "hat" or urinal).
3. The computer generated lab order.

ABOUT THE SPECIMEN:

You will be collecting ALL the urine your body produces during a specific time. In order for proper results to be obtained, it is important that you follow these instructions exactly.

HOW TO COLLECT THE SPECIMEN:

1. Empty your bladder (urinate/ pee) as usual and throw this urine away.
2. From that time on save all the urine you pass and place it in the container(s) given to you. Be careful with these container(s) as they may have chemicals in them that may hurt your skin.
3. Refrigerate container between adding samples. DO NOT freeze.
4. Empty your bladder (urinate/ pee) and add this to the container.
5. Bring the container(s) and request slip to the laboratory after last void.

SPECIAL INSTRUCTIONS:

Any special diets for test should be explained to you by your provider prior to starting the collection.