

24-Hour Urine Collection Instructions

Affix Patient Lab Label

Step 1: When you wake up in the morning, urinate into the toilet. Make sure to empty your bladder completely.
DO NOT SAVE this urine.

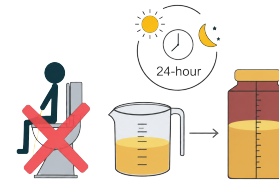


Step 2: Write the date and time of urinating in the toilet.
This is the start time of your 24-hour collection period.

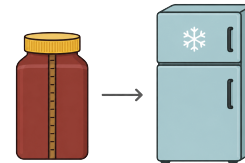
Date:

Time:

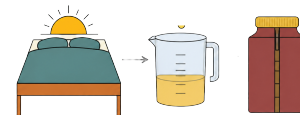
Step 3: Collect all your urine during the rest of the day & night.
Urinate into a clean, dry plastic container and carefully pour the urine into the urine container.



Step 4: Keep the urine container on ice or in the refrigerator for the entire 24-hour duration.



Step 5: Collect the first urine of the next morning and add this urine to the urine container.



Step 6: Write the date and time of this last collection.
This is the end time of your 24-hour collection period.

Date:

Time:

Step 7: Return the urine container and the completed form to your requesting provider.



Step 8: For Healthcare Provider Only.
Record Total Urine Volume and Total Collection Time in minutes in EMR and/or LabCheck.

