

24h Urine Collection Instructions

The following instructions will guide you in the proper collection of a 24-hour urine specimen. In some instances, you will be asked to collect two or three consecutive 24-hour urine samples.

INSTRUCTIONS

- Pick a time that will be convenient to collect your urine for 24h.

Day #1:

- Wake up and empty your bladder into the toilet. Do NOT include this urine in your 24h collection.
- Collect every drop of urine going forward. It does not matter how much or little urine is passed each time, as long as every drop is collected.
- Collect every drop of urine during the day and night in an empty collection bottle. Store the bottle at room temperature or in the refrigerator.
- If you need to have a bowel movement, any urine passed with the bowel movement should be collected. Try not to include feces with the urine collection. If feces does get mixed in, do not try to remove the feces from the urine collection bottle.

Day #2:

- Include the first morning urination. After this urination, the collection is complete.

STORAGE — The bottle(s) may be kept at room temperature for a day or two, but should be kept cool or refrigerated for longer periods of time.