

## **24 Hour Urine Collection Instructions – Single Container**

Your doctor has asked that you provide the laboratory with a urine collection that you have collected over a period of 24 hours. It is important that you follow these instructions carefully when collecting the specimen and bringing it to the lab.

### **A staff member gives out the following supplies:**

- a. 24 hour collection container(s)
- b. Collection “hat” (a container to fit over the rim of the toilet)
- c. Brown paper bag for transporting specimen to laboratory

### **Patient Instructions for collecting a 24-hour urine in a single container:**

1. Begin by emptying the bladder into the toilet. Do not save this urine.
2. Note the exact time the bladder was emptied. You will save all the urine passed for exactly 24 hours from this time.
3. During the next 24 hours, every time you need to pass urine, you will urinate into the collection “hat” container and pour the urine into a 24-hour urine container provided for you. It is very important to collect ALL of every urine sample. Keep the 24-hour urine container in a cool place.
4. When exactly 24 hours has passed, urinate again (even if you feel no need to do so) and add this urine to the collection.
5. Return the filled container to the laboratory that gave you the container as soon as possible.

## 24 Hour Urine Collection Instructions – Two Containers

Your doctor has asked that you provide the laboratory with a urine collection that you have collected over a period of 24 hours. It is important that you follow these instructions carefully when collecting the specimen and bringing it to the lab.

### **A staff member gives out the following supplies:**

- a. 24 hour collection container(s)
- b. Collection “hat” (a container to fit over the rim of the toilet)
- c. Brown paper bag for transporting specimen to laboratory

### **Patient Instructions for collecting a 24-hour urine in two containers:**

You should have been given two (2) 24-hour urine collection containers. One will contain a chemical preservative and will be marked as such. The other container will be empty. It will be necessary to split your urine collections into equal amounts in each container. This is necessary due to the tests ordered by your provider.

1. Begin by emptying the bladder into the toilet. Do not save this urine.
2. Note the exact time the bladder was emptied. You will save all the urine passed for exactly 24 hours from this time.
3. During the next 24 hours, every time you need to pass urine, you will urinate into the collection “hat” container. From that container you will pour equal amounts of urine into each of the two 24-hour urine containers. The container with the chemical preservative can be stored at room temperature. The container with no preservative must be kept in a cool place.

Do not urinate directly into the container containing the preservative.

Do not pour urine into one container one time and the other container the next time. It is very important that equal portions of urine from each void goes into both containers.

4. When exactly 24 hours has passed, urinate again (even if you feel no need to do so) and add this urine to the collection.
5. Return the filled container to the laboratory that gave you the container as soon as possible.