

HOW TO COLLECT A 24 HOUR URINE

YOU WILL WANT TO DO THIS ON A DAY YOU WILL BE HOME.

DO NOT start test on a Friday or Saturday. You will need to bring the collection to the appropriate lab the **next** morning before noon. You will be given the lab slip and directions to the lab the day you are given the collection container. You will need blood drawn, so you will need to drop off the collection personally. The collection needs to be **REFRIGERATED**, or **put on ICE** during the collection period.

You should not participate in any vigorous exercise on the two days before and on the day of the collection.

If any symptoms of a possible bladder infection (burning sensation with urination or cloudy urine), postpone the collection and call our office.

The day you start, the first urination upon waking up, you will VOID as always and discard. The second urination of the day should be collected and transferred into the 24 hour urine container. Please collect the entire stream. **DO NOT** give just a sample of each urination. You will do this every time you urinate throughout **the night and day**. The next morning when you wake up, **the first** urination only will be collected and placed into the container. The collection is then complete. You should discard the first morning collection the same time of day you are collecting and completing the second day collection, for example: 7am to 7am. Accuracy of the collection process is very important or you may need to repeat the collection. A single void that is not collected will cause the test to be inaccurate and will therefore need to be repeated.