

24 HOUR URINE SAMPLE COLLECTION INSTRUCTIONS

PLEASE READ THESE INSTRUCTIONS CAREFULLY

PATIENT NAME: _____

Date of Birth: _____

Write Start & End Date and Time Here, AND on the Urine Jug	
<u>START</u> of Collection	<u>END</u> of Collection
Date:	Date:
Time:	Time:
Urine must be collected in the Jug the laboratory gave to you Non-approved containers will be rejected	

- () **STEP 1:** When you wake up in the morning, urinate into the toilet as you normally would. You do not save your first urine of the morning today.

Write the date and time that you first went to the bathroom today on the container label and on this form in the box at the top of this page. This is your start time.

- () **STEP 2:** Every time that you urinate for the next 24 hours you must collect the urine by urinating into the plastic specimen "hat" that the lab gave you. The specimen "hat" can be placed under the toilet seat for easy collection. You have to collect all of your urine, even if you wake up at night to urinate.

After each time you urinate, you must pour the urine into the collection container the lab gave you. The container must stay in the fridge unless you are pouring more urine into it.

- () **STEP 3:** The next morning you need to wake up at the same time as the first day. When you wake up, you have to urinate into the specimen hat. After you urinate, pour the urine into the jug, this is the last one you have to save.

Write down the date and time on the container label, and on the top of this form. This is your end time. You have to collect all of your urine for as close to 24 hours as possible. The laboratory will only accept samples that have been collected for between 22 and 26 hours. If you do not collect for long enough, or for too long you may have to do the 24-hour collection again.

- () **STEP 4:** After you are done collecting your urine, make sure that your name and birth date are written on the jug. Make sure the cap is on tight; if the container leaks, you will have to do the 24-hour collection again. Put the urine jug into the plastic bag the laboratory gave you, and seal the bag.

Bring the jug and paperwork to the nearest DHMC laboratory location as soon as you can, on the same day that you finish your urine collection if possible.

When you drop off your urine jug, please check-in at the desk and ask if you need to have your blood drawn as part of your test.

Do NOT, under any circumstances mail the jug with your urine in it to the lab.

If your Jug starts to be too full and you think you will need another jug please contact the laboratory in order to get a new jug. You cannot use an unapproved jug from home to collect your urine.

If you have questions regarding your urine collection, please call the laboratory Client Response Area at 603-650-2200