Your doctor has ordered some tests that require a 24 hour urine collection. Below are instructions on to collect a 24 hour urine specimen. It is important to follow these instructions. Any changes may result in inaccurate test results. If you have any questions, be sure to ask your care provider for assistance.

Note – Read through ALL instructions before beginning.

Collection/Transport Procedure

Collecting the specimen
1. Record the date and time that you empty your bladder in the morning.
2. Collect your urine from that point on into the 24 hour urine container.
3. Your last collection will be the following morning during the same hour. Record the last collections date and time.
4. Refrigerate/keep cool the specimen until you are able to bring the specimen to the laboratory. This should be done as soon as possible after the last collection.
5. Take the specimen to the hospital with a copy of the order.

Important Notes:
Some collections require dietary restrictions. Avoid avocados, bananas, eggplant, pineapple, red plums and tomatoes 4 to 5 days before collection. You should also avoid strenuous exercise and cough medicine containing glycerol during this time frame.

Avoid alcohol, tea, coffee, and tobacco during the collection of your 24 hour urine.

You may need another jug during your collection time. Please contact the laboratory for additional jugs. Do not discard any urine if you need another jug and label additional jugs (ex. 1 of 2, 2 of 2)

If you have any questions regarding collection, please contact the laboratory.