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## **24-hour Urine Patient Instructions**

To collect a 24-hour urine specimen:

- Follow your physician's directions regarding food, drink, or drugs before and during collection.
- Empty bladder completely on awakening in the morning and discard this urine specimen.
- Record date and time under "start" and begin the test. (Example: 5/12/08 @ 7:00a.m.)
- All urine passed during the rest of the day and night for the next 24 hours must be poured into the container. Do not urinate directly into the container. Urine should be collected in another clean container and then carefully poured into the 24-hour collection container.
  - **Note:** *If possible, keep container refrigerated during collection. You can use a cooler with ice and place cooler and jug in bathroom for easy access.*
- Make final collection the next morning at the same time and record under "finish." (Example: 5/13/08 @ 7:00a.m.)
- Take the 24-hour specimen to the laboratory as soon as possible.