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## **PATIENT INSTRUCTIONS FOR 24 HOUR URINE COLLECTION**

On the morning you begin your 24 Hour urine collection:

- Wake at your usual time and go to the bathroom, urinate and discard (flush).  
Write down the time.
- “COLLECT” all the urine you pass for 24 hours from start time until the same time the next day into the 24 hour urine container provided.
- You may urinate into a clean cup then pour it into the 24 hour container; however, you should make sure the cup will be large enough to prevent spillage.
- For patients who may have **difficulty following this procedure**, urine hats are available from the laboratory. Urine hats sit under the commode seat for easier collection, the specimen is poured from the hat into the 24 hour urine container.
- After collection is complete, return the urine container to the laboratory as soon as possible but within 24 hours of ending collection.
- Storage: The collected specimen is stored in a cool area, refrigeration is not required.

**CAUTION:** Some urine containers require the addition of strong acids or alkalis to the container. You will be informed and the container will be labeled if precautions should be taken. If additives are added do not splash the contents on yourself and keep away from children. If contact is made with the additive, flush with water. If you notice any redness or burning, immediately call your doctor or the Poison Control Center at 1-800-222-1222.