

24-HOUR URINE COLLECTION

MATERIALS:

- One clean 24 hour urine container.
 - Urine collection Hat.
1. Follow your physician's directions regarding food, drink or drugs before and during collection.
 2. Obtain a collection container from the laboratory.
 3. Upon awaking, empty your bladder and DISCARD this specimen in the toilet, but RECORD THE TIME AND DATE on the specimen container as the start time. (Usually, the collection period begins when you first get up in the morning, but sometimes your physician wants you to start collecting immediately).
 4. Collect all the urine day and night for the next 24 hours and place it in the collection container. Exactly 24 hours from the start time, empty your bladder and put this specimen in the container. RECORD THE TIME AND DATE on the container as the finish time.
 5. Write your full name and date of birth on the outside of the container.
 6. The sample must be kept cool during the entire collection process. Refrigerate, or place on ice during the collection unless otherwise directed by the lab personnel. Return the specimen to the laboratory as soon as possible.
 7. Some tests require a blood sample to be drawn within 24 hours of the urine collection, as well as your height and weight. Be sure to check with the lab personnel when obtaining the collection container.
 8. If you have any questions or concerns, please call the laboratory or your physician.

All samples must be dropped off:

Pavilion Laboratory

750 Wellington Ave entrance 22

Monday- Friday 7:00am-5:30pm

Saturday- 7:00am-12:00pm

St. Mary's Laboratory Services

(970)298-2071