



Instructions for your 24-hour urine collection

Your doctor has ordered a test that requires you to collect all your urine over a 24-hour period. Please follow the procedure for this timed collection period carefully to provide accurate results.

1. Obtain a labeled, 24-Urine container from your doctor or outpatient laboratory. This will be the primary container that will hold the urine you return to the lab or your doctor's office. It should be labeled with your name, medical record number (MRN), date of birth (DOB) and the tests that have been requested by your doctor.
2. Your 24-Urine container may contain a preservative please refer to the 2nd page
3. Plan to collect your urine so that you can deliver it to your doctor's office or the lab within one day.
4. To get started, empty your bladder as usual but do not keep this urine. Discard it. This begins your collection period. Write the time on the label.
5. For the next 24 hours, collect all urine in the container. If even one specimen of urine is not collected, the results will not be valid, and you must start the 24-hour collection period over again. If you must restart and your 24-Urine container contained preservative, contact your doctor or lab to obtain another one.
6. At the end of the 24-hour collection period, empty your bladder one last time, save the specimen in your 24-Urine container and write the final time on the label.
7. Keep the collection container in the refrigerator during the collection period and until you return it to your doctor or lab. Make sure you have written the beginning and ending collection times on the label.

Precautions for 24-hour urine collection that contains preservative.

1. If the urine collection container contains a chemical inside to preserve the substance to be tested. The urine collection container is labeled with:
 - type and quantity of preservative added
 - date preservative was added
 - initials of the preparer
2. Follow these directions when you handle the container:
 - Keep the container out of the reach of children and pets.
 - Keep the lid securely fastened at all times.
 - Store in an upright position. **CAUTION:** The container may leak if tipped over.
 - Empty your bladder into a clean container, catching every drop, and transfer the urine to the 24-Urine collection container, being careful not to splash.
3. The risk of injury from the chemical decreases as the jug becomes filled with urine. However, should someone accidentally contact with the preservative, check the label for type of preservative, then follow the chart below.

Take the following precautions should you have an exposure to a chemical preservative.

Type of Preservative	Swallowed	On Skin	On/In Eyes	Breathed In
Boric Acid	DO NOT Induce vomiting. If the victim is conscious, give 2 to 4 capfuls of milk or water.	Remove any contaminated clothing and rinse skin well with water.	Rinse the eye with cool tap water for 15 minutes.	Move to an area with fresh air. If breathing is difficult, seek medical attention.
Sodium Carbonate	DO NOT induce vomiting. If the victim is conscious, give large quantities of water.		Remove contact lenses, if worn. Try to hold the upper and lower eyelid open while rinsing.	
Acetic Acid	DO NOT induce vomiting. If the victim is conscious, give 2 to 4 capfuls of milk or water.		Have the eye checked by a physician.	
Hydrochloric Acid (HCL)	DO NOT induce vomiting. If the victim is conscious, give 2 to 4 capfuls of milk or water.			

4. If the preservative is spilled, follow the directions below.

Actions for a spill: For boric acid or sodium carbonate:

- Sweep it up, discard into the trash and mop the area with water. **For hydrochloric acid or acetic acid:**
- Wear rubber gloves.
- Cover the spill with baking soda.
- Mix until there is no more bubbling.
- Mop up with water and discard down the drain.

(If baking soda is not available, mop up with water and then rinse the area thoroughly with water. Run water down the drain for five minutes after discard.)