

Laboratory Services

24 Hour Urine Collection

Your doctor has ordered tests that require a timed urine specimen. Below are instructions for collecting your timed 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 provider for assistance.

Collection of Timed Urine Specimen:

Read the instructions carefully before beginning collection and follow each of the steps to ensure you collect the correct specimen for the test.

Please note the following general considerations during the collection period:

- It is recommended to start the collection in the morning, but your provider may have you start at any time during the day.
- Keep the sample cold (refrigerated or ice packs) throughout the entire collection.
- Avoid alcoholic beverages for 24 hours prior to collection.
- Do not change your eating or liquid drinking habits unless instructed by a clinician.
- Medications should be taken as usual unless instructed differently by a clinician.

COLLECTION and TRANSPORTATION INSTRUCTIONS

- A clean urine collection container will be provided by the lab.
- Empty your bladder into the toilet and write down the date and time you did this on the urine specimen container as the starting time of the collection.
- **Collect all urine you pass for the next 24 hours into the specimen container.** Make sure all urine is collected.
- 24 hours after the starting time of the collection, empty your bladder into the container. This is the ending time of the collection. Make sure you consult initial starting time (from step 2 above) to ensure a complete 24-hour collection. Do not collect urine for more than 24 hours.
- Keep the entire urine specimen refrigerated/ cold for the full 24 hours of collection and until it can be delivered to the lab.
- If you fill one container jug and need another, please call the lab where you obtained the first jug. (If the location is not open or available, you can obtain a second jug from any St. Luke's Laboratory) Do not discard any urine during the collection time. Label jugs 1 of 2, 2 of 2.
- Complete the information requested on the container label.
 - **Label must include Last Name, First Name, Date of Birth, and Date and Time of collection.**

Smith, Johnathan
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Patient label must be complete and legible for the sample to be accepted by the laboratory.

Label must be attached to the urine container, **NOT the lid.**

- Deliver the 24 hour urine specimen to the laboratory as soon as possible. If transport time is greater than 30 minutes, please place the specimen container on ice.
Check with the laboratory personnel to see if a blood specimen is required to be drawn before leaving the lab.