

Urine Collection

24-Hour Urine Collections

Collection containers, preservatives, and instructions will be provided by ThedaCare Laboratory. Those containers which contain preservatives will be labeled with a bright orange CAUTION sticker. Because some preservatives are strong acids, **care must be used** in handling these containers. For all 24-hour urine specimens, preservative information is included with specimen requirement instructions in the Alphabetical Test Listing. The entire 24-hour specimen should be sent to ThedaCare Laboratory. All specimens should be labeled appropriately and kept refrigerated until transport to ThedaCare Laboratory.

Use the following procedure for the correct specimen collection and preparation.

1. Upon waking up in the morning, completely empty your bladder. Discard this specimen. Note time of day (ie, 7 a.m.).
2. From that moment on, for the next 24 hours, collect, and save all urine in container provided by laboratory.
3. At end of 24-hour period, completely empty your bladder again. Save this specimen also - do not discard! Note time of day (ie, 7 a.m.).
4. Keep specimen refrigerated.
5. Bring specimen to laboratory as soon as possible.

Note: Always indicate exact time collection began and exact time collection was completed. (Preferred collection is 7 a.m. to 7 a.m.) Always remember that if collection container is labeled with a bright orange **caution** sticker it contains acid and should be handled carefully and kept away from children.

Random Collections

For many tests (including routine urinalysis with or without microscopic examination), a random urine collection may be collected and sent.

For random collections, a “clean-catch” or midstream specimen is preferred. However, catheterized specimens or specimens from urine bags may also be sent. If submitting urine specimen in a syringe, remove needle prior to transporting to laboratory.

The “clean-catch” or midstream specimen should be collected as follows:

Patient should first void a small amount of urine which is discarded. Some of the urine should then be collected in a clean container before voiding is completed.

If delays are anticipated in sending specimen to the laboratory, aliquot a portion of the specimen into a grey urine culture transport tube (boric acid) in the event a culture is desired or indicated.