

PATIENT INSTRUCTIONS FOR 24 HOUR URINE COLLECTION

Your health care provider has requested a test that requires the collection of urine over the course of 24 hours. In order to ensure accuracy of test results, it is important to follow these instructions precisely.

1. Start the collection on a given day and end it at the same time the following day. Most patients find it easier to collect the urine on a Sunday, as they are usually home for the day.
2. To start the collection, empty your bladder completely and throw away this urine. **This marks the start of the collection.** Write down the time that you begin the collection on the container provided.
3. From the time you start until the same time the next day, save all urine that you pass in the urine container. Urine must remain refrigerated between collections. **Do not try to urinate directly into the container.** Depending on the test, some containers contain a weak acid as a preservative that could be caustic or toxic. Use a clean, secondary container to collect the urine and carefully transfer the contents when urination is complete. See below to determine if this applies to you. Ensure the lid is secured tightly and refrigerate when not in use.

In the case of an accident, if the preservative comes in contact with:

Skin:	Wash off immediately and thoroughly with cold water for a minimum of 15 minutes. If applicable, seek medical advice.
Eyes:	Wash out immediately and thoroughly with cold water. Seek medical advice.
Furniture, floors, etc...	Wearing plastic gloves, sprinkle with bicarbonate of soda or washing soda and mop up with water.

4. On the next day, when it is the same time that you began your collection, empty your bladder, even if you don't feel as if you need to. **SAVE THIS URINE** and add it to the urine in your container. **This is the end of the collection.**
5. Record the time and date that you completed the collection on the container.
6. Ensure the specimen container is labeled with your name, social security number, DOB, and date. Transport the specimen to the laboratory as soon as possible.
7. When you submit the specimen, ask laboratory personnel if you need to have a blood specimen drawn (for a serum creatinine). This must be done when you drop off the 24-hour urine specimen. If not, you will have to repeat the test.
8. If you have any questions, please call the laboratory at (785) 239-7648.

NOTE: IACH laboratory hours are Monday - Friday, 0730 - 1700. FHC/CHHC laboratory hours are Monday - Friday, 0730 - 1800. Start your collection on a day that permits you to drop the specimen off when the laboratory is open.

