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| **Regulatory References:** | **Cross References:** 24 hour Urine Preservatives |
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**INSTRUCTIONS FOR 24 HOUR URINE COLLECTION**

The purpose of this test is to collect all urine in a 24 hour period which allows the measurement of certain chemistries in the urine and check the overall function of the kidneys.

**Follow the instructions below to ensure the test will be collected properly.**

1. The best time to begin the collection is in the morning. When you begin the test, void all urine into the toilet – DO NOT SAVE! **Record Patient’s name,** **Patient’s birthdate**, and the **collection date and time on the jug**. End time is 24 hours from start time.

2. All urine voided for the next 24 hours MUST BE SAVED in the container you are given. This container may have a preservative in it. Do not splash or discard the preservative.

3. Do not void directly into a container if a preservative is present.

4. At the time the test is complete (24 hours from the date and time you wrote above); you must void one more time and SAVE the urine in the container.

5. Keep the specimen container refrigerated at all times. The container may be kept in a cooler on ice.

6. Return the specimen to the laboratory on the same day the collection is complete. (Preferably before noon).

7. Some testing may require a blood test done also. When you return the container and order to the Laboratory, please ask attendant if this testing is required.

8. You **must** have your test order with you when you return the specimen container.

9. Feel free to call your Physician office or the Hospital Laboratory (798-5216) if you have any questions or problems.

For patients collecting two 24 hour urine collections because of the need for different preservatives, follow the procedure above for the first collection. Once the first 24 hour

collection is complete, start the second 24 hour collection with the next voided urine. Continue the 2nd collection for 24 hours from the start of the first voided urine. No urine has to be discarded before starting the 2nd collection.

Electronic authorization:

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