

## 24-HOUR URINE COLLECTION

It is usually most convenient to do a urine collection on a weekend when you are going to be home. You will need a requisition from the doctor, a specimen container from the hospital lab or a local lab, and a voiding container (sometimes called a "hat").

1. Discard the first morning specimen.
2. Start the collection beginning with the next urine. Void into a collecting container, and then transfer the specimen directly into the 24-hour urine bottle. Do not void directly into the 24-hour collection bottle, as some of these may contain a small amount of acid to preserve the urine.
3. Label the bottle with name, date and time of starting the collection. **Refrigerate.**
4. Continue to collect for 24 hours. At the end of the 24-hour period, the bladder is emptied and this specimen is added to the collection. Label the bottle with the time of the last specimen.
5. Keep the urine collection refrigerated, and then bring the specimen and requisition to the hospital or local lab as soon as possible.

If a specimen is accidentally discarded, you will need to begin the collection over again. Do not do the 24-hour collection during menstruation.