

24-Hour Urine Specimen Collection Instructions

Important Note: All specimen containers must be labeled with both the patient's first and last names as well as a second identifier such as the patient's medical record number or date of birth. Containers without two identifiers will be rejected.

A 24-hour urine specimen is a large sample of urine. Please follow these instructions to collect a 24 hour urine specimen:

1. Maintain normal liquid intake unless the physician instructs otherwise.
2. Do not consume alcoholic beverages.
3. Store the 24-hour urine specimen in the REFRIGERATOR to prevent growth of microorganisms and urine decomposition.
4. On waking, empty the bladder directly into the toilet. Discard the first morning urine. This starts the 24 hour collection period. Write the start time and date on the urine container.
5. Collect all urine specimens for the next 24 hours using the toilet insert. Carefully pour the urine from the insert into the 24 hour urine jug.
6. Include the first morning urine voided the following morning, collected at approximately the same time of day as the previous morning. Write the date and time of urination on the container label. This ends the 24-hour collection.
7. Do not void directly into the 24 hour urine container. Collect the urine using a disposable container and dispense the urine into the 24 hour urine jug.
8. Place the 24-hour urine specimen container into a sealed zipper bag.
9. Return the 24-hour urine specimen to any Guthrie satellite location or Guthrie hospital lab on the same day the collection is complete; the end date.
10. Store and transport the specimen refrigerated.

