

PATIENT INSTRUCTIONS FOR 24 HOUR URINE COLLECTION

1. After you receive your 24 hour urine bottle, you will begin the collection the following day. It is advised that the urine is collected when the patient can be at home over the 24 hour period. (on a day off or weekend)
2. When you wake up the next morning, the **first urine** you pass can be voided into the toilet. After that urine is voided, write the patient's name and the start date and time on the bottle.

Example Jonathan Doe

Start Date: January 10, 2000 Start Time: 7am

3. Then all urine passed after the first one is deposited into the bottle up to the 24 hour cut off time the next morning. So let's say you urinate 8 more times up to 7am the next day, then all 8 of those urine passes should be collected in the bottle.
4. If you wake up the following day and have to urinate right before the cut off time, then that would be the last set of urine to deposit into the bottle. You can then write the end date and time on the bottle.

Example Jonathan Doe

Start Date: January 10, 2000 Start Time: 7am

End Date: January 11, 2000 End Time: 7am

5. Proceed to the clinic to drop the specimen to the lab and be sure to inquire if you need blood to be drawn to accompany your urine sample before you leave.