

Collecting your urine for 24 hours provides the best representative sample of your urine. Also, many diagnostic tests can be run on your urine.

Patient Preparation

1. Avoid alcoholic beverages and vitamins for at least 24 hours before starting to collect your urine *and* during the collection period.
2. It is not necessary to change your dietary habits before the test unless your doctor specifically instructs you to.
3. Do not discontinue medications unless instructed to do so by your physician. Inform the laboratory about any medications you are taking.
4. Do not urinate directly into the 24-hour container. It may contain a preservative that is irritating if it touches the skin. A container will be provided. You should urinate in the clean container and carefully pour it into the 24-hour container, without splashing.
5. Remember to keep the 24-hour urine container refrigerated (or in an ice chest) between each urine collection.

Urine Collection

1. In the morning, urinate in the toilet (this urine is not saved). The collection period starts at this time. Even though this urine is not saved, the test time begins now. Write your name, the date and time on the label of the 24-hour urine container.
2. Collect ALL urine during the next 24 hours (day and night).
3. Be sure to wash your hands *before* you urinate.
4. Urine passed during bowel movements must be saved too. Be careful to include only urine in the cup.
5. Try to urinate at about the same time the next morning. After pouring this urine in the 24-hour container, be sure to write the time on the label. This will be your last collection.
6. Take the 24-hour specimen to the laboratory as soon as possible after finishing. Try to keep the urine cool during transport by using ice packs or a cooler.

