



24-Hour Urine Collection Patient Instructions

Your physician has ordered a urine chemistry test that requires you to save all urine for 24 hours. For accurate results, it is important to collect all your urine for exactly 24 hours.

Preparation:

1. Before you begin the collection, you will be given a urine collection storage container.
2. Make sure the storage container has a label with your full name, date of birth and physician name written on it. **If your container is not labeled properly, you may be asked to repeat the 24-hour collection.**
3. Keep your storage container refrigerated throughout the entire 24-hour collection period until you bring it back to the Patient Service Center. If you do not have access to a refrigerator, your collection should be kept on ice or in a cooler.

Procedure:

1. Start the 24-hour urine test by urinating directly into the toilet. Do not save this urine. After you urinate, write the date and time on your storage container. For the next 24 hours, urinate first into a collection container, then pour **ALL** the urine into your storage container. Keep the container refrigerated between additions.
2. Exactly 24 hours after you started the test, urinate one last time and place the urine in your storage container. *This is the end of your test.* Write the date and time the test ended on your storage container.
3. Please bring the urine to the Patient Service Center as soon as possible. To prevent leaks, make sure the lid is on tightly, and that the container is transported upright inside a plastic bag. If the weather is warm and you must travel a long distance, transport your urine container on ice or in a cooler.
4. If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times. If needed, please call the laboratory at 318-681-4354.

For **Creatinine** and/or **Urea Clearances**, please include the patient's current **height** and **weight**. A serum specimen must accompany the 24-hour urine specimen for all clearance testing.