

GENERAL PATIENT INSTRUCTIONS FOR 24  
HOUR URINE COLLECTION

1. FOR OUTPATIENTS: Patient must obtain correct urine specimen container from laboratory. Must take orders to the laboratory so that the proper preservative will be in the 24 hour urine container.
2. When getting ready to start collection, empty bladder before starting the test and DO NOT SAVE THAT SPECIMEN.  
Note time when emptying bladder and that will be the beginning of the collection. It is preferable to start collection between 07:00 and 08:00.
3. All subsequent urine is saved in the container during the next 24 hours. It is advisable to not void directly into the 24 hour urine container as sometimes there is strong acid contained as a preservative. ☆
4. Exactly 24 hours after starting the collection, a final specimen should be collected, even if it is collected a little before the exact end of the time period.
5. If during the collection period, you feel that you will need another container for extra volume, you must return to the lab with the orders to obtain an additional container.
6. After the collection is complete, please return to laboratory personnel with proper physician orders. If Outpatient Registration is closed, you can take your specimen to the Emergency Room and register there for the testing of the specimen. Laboratory personnel will then be notified and will process your specimen.

CAUTION: THERE IS A WHITE POWDER IN SOME CONTAINERS. THIS IS BORIC ACID, A PRESERVATIVE. DO NOT EMPTY IT OUT. THERE IS A CLEAR LIQUID PRESERVATIVE IN SOME CONTAINERS. THIS IS A VERY STRONG ACID. DO NOT GET ANY OF THIS ON THE SKIN, IN THE EYES, ON THE CLOTHING, OR ON HOUSEHOLD FURNISHINGS. DO NOT BREATHE THE FUMES.

☆ **PLEASE NOTE: IF THERE IS NO PRESERVATIVE IN YOUR CONTAINER, YOU MUST REFRIGERATE YOUR SPECIMEN OR KEEP ON ICE FOR THE ENTIRE 24-HOUR COLLECTION PERIOD.**