



Laboratory

Phone #: (509) 336-7660

## **24-Hour Urine Collection:**

**To the patient:** Follow these instructions in collecting your 24-Hour urine specimen. The 24-hour collection may start at any time during the day or night.

1. Don't save the urine from your first-time urinating. Flush this specimen, but note the time and day on the label attached to the container. This test likes to start with an empty bladder.

\*The time that you record on the label starts your 24 hours.

2. Collect all urine voided for the next 24 hours. **All** urine passed during the 24-hour time period (day and night) must be collected. Urine passed during bowel movements must be collected (urine cannot be contaminated with stool).
3. **Refrigerate** the collected urine for the whole 24-hours.
4. At exactly the same time the following morning, void again and add this sample to the collection container. Once completed, note the time and day of the final collection on the label attached to the container.
5. Do not overfill the urine collection container. If the specimen will exceed the volume of the container, come back to the lab for another container.
6. Be sure the label on the collection container has your name, birth date, and the starting and ending times of your collection.
7. Bring the 24-hour collection container to the laboratory as soon as possible refrigerated.