



## Patient Collection Instructions

### 24-hour Urine Collection

1. The collection of a 24-hour urine may be started at any convenient time but the following steps should be rigidly followed. Fluids should not be increased during the 24-hour time period. Alcoholic beverages should be avoided.
2. Urinate to empty the bladder completely and discard this urine. Write the time of the urination on the label of the specimen container. This is the time of the beginning of the 24-hour collection period.
3. Collect all urine for the next 24-hours. Urinate into a separate clean container and add to the 24-hour specimen. Collect all urine. If you have not collected all of the urine, test results will not be accurate. If any urine is missed or spilled, please discard all the urine and restart the process, unless the container contained a preservative. If a preservative was present, call the Outpatient Laboratory at the number listed below. A new collection container will need to be obtained prior to restarting the collection.
4. Keep the specimen container refrigerated during the entire collection.
5. Collect the last specimen exactly 24 hours after the time written in step 1. Add this urine to the container. For example, if the start time is 08:00 am Monday, last collection should be 08:00 am Tuesday.
6. Return the 24-hour containers to the Outpatient Laboratory as soon as possible after the collection. Please check with the Outpatient Lab staff, as additional information may be required.

**CAUTION:** Containers with a preservative will have a caustic label attached. Avoid exposing the skin to this preservative. Always store the container in an upright position. Keep the container away from children.

If you have any questions about collection of your specimen, please call (317) 776-7379. The Outpatient Laboratory hours are 7:00am to 6:00pm, Monday through Friday, and 7:00am to 12:00pm on Saturday. After hours, please call (317) 776-7241, option 1. The above instructions were reviewed and approved by the Laboratory Medical Director.