

24 HOUR URINE PATIENT INSTRUCTIONS

This test is to determine how much of a particular substance (e.g. calcium, protein, sodium, hormones or other products) your body passes in the urine in an exact 24-hour period.

IT IS VERY IMPORTANT TO COLLECT ALL THE URINE YOU PRODUCE IN AN EXACT 24-HOUR PERIOD

It is important to follow these instructions carefully to ensure your test results are accurate.

Preparation:

- Collect the correct container from the laboratory.
- If more than one 24-hour collection is needed, staff will give you instructions.
- The container may contain acid, which can harm skin and eyes.
- If acid is spilled, wash immediately with plenty of soap and water and seek medical advice if needed.
- Keep the container upright and out of reach of children

DO NOT PASS THE URINE STRAIGHT INTO THE BOTTLE

Collection Procedure:

1. Empty your bladder into the toilet and flush. This is the start time—write the date and time on the container.
2. Collect all urine passed over the next 24 hours (day and night) into the container.
3. If you miss or spill any urine, you must start again with a new container.
4. If opening your bowels, pass urine first to avoid loss or contamination.
5. After exactly 24 hours, empty your bladder and add this final urine to the container (e.g. start 7:00 am Tuesday, finish 7:00 am Wednesday).
6. Label the container with your full name, date of birth, and collection date/time.
7. Place the urine container in the bag, put the lab request form in the outer pocket, seal, and deliver to the laboratory the same day.

Ensure a copy of the request form is with each specimen