

COLLECTION OF 24 HOUR URINES

If it is necessary to measure the total amount of solutes excreted in a 24 hour period, a strictly timed 24 hour specimen is required because many solutes exhibit diurnal variations. Normal fluid intake is allowed during 24 hour urine collections. Dietary restrictions are required for some procedures. Avoid alcoholic beverages, vitamins and other medications when possible for at least 24 hours prior to specimen collection as well as during the collection period.

CONTAINER

- Collect the specimen in a disposable, wide-mouthed, clean plastic container(s) with a plastic lid. The container should be kept refrigerated or on ice during the collection period. Light-sensitive analytes need to be collected in dark containers. Specimen containers are available from the laboratory.
- A special preservative may be required, and should be added to the collection bottle before collection begins. Contact the laboratory or refer to the list of urine preservatives for 24 hour urine collections in this manual.
- The preservative in the container may be an acid. WARNING: Acid causes severe burns to skin and eyes. Do not get in eyes, on skin, or on clothing. Do not breathe fumes. In case of eye or skin contact, immediately flush with plenty of water, and contact the Emergency Department at 334-7900.
- The label on the bottle must include patient's identification; test required; preservative used; and the date and times of the start and finish of the collection period.

COLLECTION

1. Have the patient empty their bladder at a fixed time and discard the specimen.
2. Note the date and time collection started on label on container.
3. Collect all urine voided during the 24 hour collection period and add it to the container. Keep urine refrigerated.
4. The collection should end 24 hours after it began by having the patient empty their bladder and adding it to the collection bottle.
5. Transport specimen to laboratory as soon as possible after collection.

PATIENT INSTRUCTIONS

1. The urine tests your doctor has requested requires a 24 hour urine collection.
2. When possible begin your collection first thing in the morning.
3. The first urine voided on the day you start your collection must be discarded.
4. Save all urine for the next 24 hour period.
5. The final collection should be the first morning urine voided on the second morning of collection.
6. Bring urine specimen to the laboratory as soon as possible after collection.

DON'T VOID DIRECTLY INTO THE CONTAINER. ALWAYS REFRIGERATE SPECIMEN DURING COLLECTION. MIX CONTAINER FOLLOWING EACH ADDITION OF URINE.

Some urine tests require a preservative. THE PRESERVATIVE IN THIS CONTAINER IS:_____

WARNING: Acid caused severe burns to skin and eyes. Do not get in eyes, on skin, or on clothing. Do not breath fumes. In case of eye or skin contact, immediately flush with plenty of water, and contact the Emergency Room at 334-7900.

SPECIMEN PROCESSING

1. Mix specimen well.
2. Measure and record urine volume in ml.
3. For test performed here follow instructions in Chemistry Manual.
4. For test sent to reference lab, prepare urine as required for the test.