

## Hunterdon Medical Center Laboratory Patient Collection Instructions

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### 24 Hour Urine Collection Instructions

#### Patient Information:

You will be collecting all your urine for a 24 hour period.

In order to assure that your physician receives accurate results it is important to follow the following instructions **carefully**.

1. Once you begin the collection, store the 24 hour collection container in the refrigerator.
2. The container may contain a preservative, so handle the container with care.
3. If a preservative has been added the container will be labeled with precaution instructions.  
**\*\*\*\*\*Do not remove or handle the contents of the container.**
4. Drink plenty of fluids during the collection time.
5. Select a time period for the collection when you will be able to adhere to the collection protocol.

#### Collection Instructions:

1. Begin the collection time period when you wake up in the morning.
2. Urinate, empty your bladder, as usual and **flush down the toilet**.
3. **Note the time- this is the beginning of the 24 hour time period.**
4. Collect all urine for the next 24 hours and add to the collection bottle.
5. For ease of use, collect the urine in a separate clean dry container and then add it to the 24 hour collection container.
6. Remember to refrigerate the collection container during the collection period.
7. When you awaken the next morning, collect your first morning specimen and add it to the collection container. This completes the 24 hour collection. The completion time should be as close to 24 hours as possible.

#### Delivery of Specimen:

1. Label the container:
  - a. First and last name
  - b. Your date of birth
  - c. Date and time of the beginning and the end of the collection
2. Deliver the container to the laboratory as soon as possible after the collection is completed.