

24-hour Urine Collection

Why is a 24-Hour Urine Test Done?

A 24-hour urine test helps your healthcare provider measure specific substances in your urine over a full day, which provides a clearer picture of kidney function and other bodily processes. This test is often used to check for conditions related to kidney function, hormone levels, or metabolic issues.

Important Guidelines for Collection

- **Label Your Sample:** Write your **name, date of birth, and start and end times** on the container provided by the lab.
- **Use the Provided Container:** Only use the large, sterile container provided by the lab to avoid contamination.
- **Refrigerate If Needed:** If you cannot deliver the sample immediately after the 24-hour period, store it in a cool place or refrigerate it as directed by your healthcare provider.

24-Hour Urine Collection Instructions

1. **Choose a Start Time:** Pick a convenient time to begin, such as first thing in the morning.
2. **Discard the First Urine:** When you start, go to the bathroom and empty your bladder, but do not collect this initial urine. This marks the start of the 24-hour period.
3. **Collect Every Urine Sample:**
 - For the next 24 hours, collect all urine in the container provided.
 - Each time you urinate, transfer it to the container and secure the lid tightly after each addition.
 - **Tip:** Keep the container in a cool place or in the refrigerator to preserve the sample.
4. **Complete the Collection:** The following morning, at the same time you started, make one final collection. This completes the 24-hour period.
5. **Secure the Lid and Label the Container:** Make sure the lid is tightly closed, and label the container with your **name, date of birth, and start and end times**.

Delivering the Sample

- **Bring to the Lab Promptly:** Take the completed sample to the lab as soon as possible after the 24-hour collection period.

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- **Avoid Delays:** Prompt delivery helps maintain the quality of the sample for accurate testing.

If you have any questions or need additional containers, contact your healthcare provider or lab. Following these instructions carefully ensures accurate test results and provides your healthcare provider with essential information about your health.

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