



# ST. CLARE'S MEDICAL CENTER, INC.

*"Sharing a Wealth of Quality Healthcare"*

## Department of Pathology and Laboratory

### PATIENT INSTRUCTIONS

#### 24 HOUR URINE COLLECTION PROCEDURE

- **DISCARD** your first urine sample, make sure your bladder has been completely emptied. Record this time and date on the collection container label. This is the **START TIME**.
- Begin collecting urine in the container with the **SECOND** urine of the day.
- Collect your **ENTIRE** urine sample each time you urinate for the complete 24-hour period.
- The final urine sample should be collected the following morning, 24 hours after your START TIME. Make sure that your bladder has been completely emptied. Record this time and date on the collection container and label **FINISH TIME**.
- Store the container in the dark between 2-4° C (e.g. refrigerator) during the collection procedure. For sanitary reasons, it is recommended that the container be enclosed in a plastic bag.
- Deliver the container to the laboratory as soon as possible after completion of the collection.

**IMPORTANT:** The accuracy of the test is dependent upon the accuracy of specimen collection. Therefore, if urine sampling is missed within the 24-hour period, do not attempt to regain it the following day. Inform the laboratory upon returning the specimen. The entire collection may have to be repeated.

Containers and requisitions can be returned to St. Clare's Medical Center Laboratory.