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24 Hour Urine Collection Instructions

You have been asked to collect a 24-hour urine sample. This procedure checks the function of your kidneys or measures certain products in your urine. For accurate results, it is important to collect all of your urine for exactly 24 hours.

INSTRUCTIONS:

- You should collect every drop of urine during each 24-hour period. It does not matter how much or little urine is passed each time, as long as every drop is collected.
- Begin the urine collection in the morning after you wake up, after you have emptied your bladder for the first time.
- Urinate (empty the bladder) for the first time and flush it down the toilet. Note the exact time (eg, 6:15 AM). You will begin the urine collection at this time.
- Collect every drop of urine during the day and night in the empty collection bottle provided from the lab. Urinate first into your collection container (hat) and then pour the urine into your storage container. Store the bottle in the refrigerator.
- If you need to have a bowel movement, any urine passed with the bowel movement should be collected.
- Exactly 24 hours after you started the test, urinate one last time and place the urine in your storage container. This is the end of your test. Write the date and time the test ended on your storage container.

Tips:

To prevent leaks, make sure the lid is on tightly, and that the container is transported upright inside a plastic bag. If the weather is warm and you must travel a long distance, transport your urine container on ice or in a cooler. Please note the exact time of the final collection, even if it is not the same time as when collection began on day 1.

If you have questions about the procedure, please ask. Your RGOA care team is ready to assist you at all times.