



24 Hour Urine Specimen

Patient Collection Instructions:

Your physician has ordered a test(s) that require the collection of a 24 hour urine specimen. To insure accurate test results, please read these instructions completely prior to starting your collection. Follow the instructions carefully.

1. Decide upon a time to begin the collection, for example, 8:00 AM of day one. The collection will end on 8:00 AM of day two.
2. At the hour you choose to start the collection period, urinate into the toilet and flush as usual. Flushing away the first void empties the bladder and marks the start of the 24-hour collection.
3. Record the start time and date in the space provided on the label of the collection container or paper.

Start date: _____ **Start time:** _____

4. For the next 24 hours, collect ALL your urine in the container-Collections must be for the full 24 hours.
 - a. Keep the urine cool during the entire collection. A small cooler, trashcan containing ice or a refrigerator all work well.
 - b. If your container is near full capacity, you will need to get another container from the Cabinet Peaks Medical Center (CPMC) Laboratory.

SPECIMENS COLLECTED IN CONTAINERS NOT PROVIDED BY THE CPMC LABORATORY WILL NOT BE ACCEPTED

5. At the end of the 24-hour collection period urinate and include this urine in the bottle.
6. Record the end time and date in the space provided on the label.

End date: _____ **End time:** _____

7. Ensure that the urine container is labeled with the following:
 - a. **Patient's legal Name** (first and last)
 - b. **Date of birth** (DOB).
 - c. **Start Date and Time**
 - d. **End Date and Time**
8. Promptly bring the container back to the laboratory.

Some tests require the addition of an acidic or basic preservative. This will be indicated by a CAUTION label on the container. Please be very careful when adding urine to the container. DO NOT urinate directly into a container with a preservative. Keep the container upright and the lid tightly closed when not adding urine.

If multiple tests were ordered the laboratory may provide you with a special container that has a urine splitting device attached. Please read the additional instruction on the back of this page prior to starting your collection. Please contact CPMC Lab with any questions.



24 Hour Urine Specimen – Split Container

Patient Collection Instructions:

Your physician has ordered multiple tests that require the collection of a 24-hour urine specimen. Due to the collection and handling requirements of these tests you have been given a 24 hour urine collection system which includes a urine splitting device. To insure accurate test results, prior to starting your collection please read the 24-hour urine specimen collection instructions, found on the front side of this page, completely. The following instructions are for using the urine splitting device.

1. Urinate into the urinal or specimen hat provided. Do Not urinate directly into the urine splitting device as unequal splitting of the sample will occur.
2. Set the containers on a flat and stable surface.
3. Loosen both caps slightly.
4. Pour sample into urine splitting device using a quick, uninterrupted pouring motion, keeping the urine level as high as possible in the splitting funnel. This will help ensure proper splitting of the sample with equal proportions in the urine containers.
 - a. If the sample is poured slowly or dribbled into the splitting funnel unequal splitting of the urine will occur.
5. After the 24-hour collection is complete, carefully remove the splitting device from the containers and dispose of this into a plastic bag. The splitting device can then be placed in a trash receptacle.
6. Place the plastic plugs carefully into the holes left by the urine splitting device. This will seal the holes to minimize, if not prevent, leakage.
 - a. Secure plugs by covering with labels attached to the container or tape if labels are not attached.
7. Secure both lids by tightening. Keep containers upright while transporting to lab.

