

# How to Collect a 24-hour Urine Sample

## Collecting a Urine Sample

Your health care provider wants you to collect a 24-hour urine sample. Please read the following instructions.

Ask your health care provider if you have any questions before collecting the sample.

## Collection Containers

To collect your urine, you will receive:

- a 3,000 milliliter (mL) container
- a collection device to place in the toilet (to collect your urine).

**Caution:** The urine containers may contain a strong acid or type of preservative. These chemicals may cause burns to your skin and may be harmful if splashed into your eyes or if inhaled.

- Read the safety information on the label.
- Do not empty out the preservative.
- Please be careful when you start the urine collection.

If there is no safety label on the container, there is no chemical in the container.

## Before Collecting the Urine Sample

Use these directions before collecting the sample.

- The morning of the test, do not collect the first urine sample. Empty your bladder and flush as you normally would.
- Drink as much liquids as you normally do. Do not drink alcohol.
- Write your name, your date of birth and the date on the outside of the 3,000 mL container(s). Use a pen or marker that will not run if the ink gets wet.

## How to Collect Your Urine

Follow these directions to collect your urine:

- The morning of the test, do not collect the first urine sample. Empty your bladder and flush as you normally would. Write the start time on the outside of the 3,000 mL container.
- Each time you empty your bladder for the next 24 hours:
  - place the collection device between the toilet and toilet seat. Urinate into the collection device.
  - pour the urine sample into the 3,000 mL container

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— put the container on ice in a bucket or a small cooler. You will need to keep the container cold for the entire 24 hours. If the urine sample gets too warm the test might not be accurate.

- The last urine collection should be exactly 24 hours after the first time you emptied your bladder. (You flushed this sample.) Add the last urine collection to the container and write the ending time on the outside of the container.
- Throw away the collection device you placed in the toilet to collect your urine.
- Return to the lab with the container as soon as you are done with the collection. Pack the container in a cooler or in ice to keep it cold on the way to the lab.

## Whom to Call With Questions

If you miss a collection, please call:

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