How to Collect a 24-hour Urine Sample

Collecting a Urine Sample
Your doctor wants you to collect a 24-hour urine sample. Please read the following instructions. If you have any questions before collecting the sample, ask your doctor.

Collection Containers
To collect your urine, you have received one of the following:
- one 3,000 milliliter (mL) container.
  This is for a single collection.
- two 3,000 mL containers.
  This is for a dual collection.

You will also receive 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 (Single and Dual)
Before collecting the sample, please use the following instructions.

- 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 for a Single Collection
To collect your urine for a single collection, use the following instructions.

- The morning of the test, do not collect the first urine sample. Empty your bladder and flush as you normally would.
- 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.
- Write the exact time of your first sample on the outside of the 3,000 mL container.
- After each urine collection, 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.

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.

**How to Collect Your Urine for a Dual Collection**

To collect your urine for a dual collection, use the following instructions.

The morning of the test, do not collect the first urine sample. Empty your bladder and flush as you normally would.

Place the collection device between the toilet and toilet seat. Urinate into the collection device.

Write the exact time of your first sample on the outside of the 3,000 mL containers.

Place the funnel between the two containers. Each container will have a hole in the top. Put one spout in each hole.

Loosen the funnel cap and slowly pour the sample into the funnel. Place the funnel cap back on the funnel.

After each urine collection, put the containers on ice in a bucket or a small cooler. You will need to keep the containers cold for the entire 24 hours. If the urine samples get too warm the test might not be accurate.

The last urine collection should be exactly 24 hours after the first collection. Add the last urine collection to the containers.

After you finish pouring the last urine sample into the funnel, carefully remove the funnel and put it in the plastic bag. Seal the bag and throw it away.

Throw away the collection device you placed in the toilet to collect your urine.

Place the red plugs into the holes in the containers.

Tape the plugs down using the tape provided.

Tighten the caps on the containers and place the containers in the large plastic bag. Seal the bag.

Return the bag with the containers to the lab as soon as you are done with the collection. Pack the bag 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: _______________.