

# 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.

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- 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:

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