



## 24-Hour Urine Collection Instructions

### Introduction:

The accurately timed urine collection you are about to perform is part of your care; important health decisions depend on it. **The test is valid only if the collection includes all of the urine you pass in a 24-hour period.** The test will be inaccurate and may have to be repeated if, for any reason, some of the urine you pass during the 24-hour period is not put into the collection container. **The container will need to be returned As Soon As Possible, the urine specimen needs to be tested within 24 hours after the end of Collection.**

Your physician may have requested several urine tests and if each test requires a different preservative, you will need to collect the urine in **separate** 24-hour periods with **separate** containers. You will be given the containers for each collection with the correct preservatives.

If you see some liquid in the container, it is ok; some tests require a liquid preservative.

If the collection **has a preservative in it and a urine is missed**, another proper container needs to be obtained from a Bassett Healthcare Network center (please call ahead).

If the collection is **without a preservative and urine is missed**, empty the container and begin again.

### Collection Instructions:

When you are ready to start the collection period, **record the exact start time and date on the container.** Urinate (empty the bladder) for the first time and **flush it down the toilet.** This way, you start on empty. After that, all the urine you produce for the next 24 hours **must** be collected in the container.

Do **not** try to urinate directly into the container because the preservative could splash on you causing a burn! Instead, use a clean plastic or glass container to catch your urine each time. (Do not use a metal container). Pour the urine into the collection container each time you urinate.

You will need to store the container in the **refrigerator or on ice** during and after the collection, but **do not freeze.**

At the end of the collection period, at exactly the same time that you started on the day before, empty the bladder completely and add this last sample to the container. You can now cap it up tight, **record the end time and date on the container**, and bring it back to any Bassett Location. **The container will need to be returned As Soon As Possible, the urine specimen needs to be tested within 24 hours after the end of Collection.** If you have any questions or concerns please do not hesitate to call 607-547-3700, option 1, for assistance.