

## 24-Hour Urine Collection Instructions

1. Empty bladder
  - a. Urinate first thing in the morning and discard in toilet.
  - b. Write the start date and time on the collection instructions in the appointed spot.
2. Collect all subsequent urines for the next 24 hours into a urine "hat", specimen cup, or other clean dry container and add them immediately to the 24-hour urine jug/container. All urine passed during the 24-hour time period (day or night) must be saved.
3. Your last sample collected is transferred into the jug /container.
  - a. It should be the first urine of the day and fall at the same time as the "start" time from the previous morning.
  - b. Fill in the end date and time in the appointed spot on the collection instructions.

Note: Some tests require bloodwork before and /or after collection, please check with lab personnel before leaving facility.

### **Storage & Temperature**

Keep jug in a cool dry place or refrigerate between all additions.

Additional Information:

- Some tests may not be collected together due to preservative or storage requirements.
- Some collection containers may contain acid, do not discard, handle, or breathe vapors. Keep out of the reach of children.

Complete the following information:

Patient name: \_\_\_\_\_

Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Collection Started: Date: \_\_\_\_\_ Time: \_\_\_\_\_

Collection Finished: Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please contact the Hammond-Henry Lab at (309) 944-9114  
if you have any questions or concerns.