

## 24-Hour Urine Collection Instructions

**This test is a collection of all your urine for a period of 24 hours. This is an important test to tell us how well your kidneys are working. You must collect all your urine to get accurate results.**

### Collection instructions

1. You must begin this process with an empty bladder. Start the test by emptying your bladder and throwing away the urine. Write down the time you started the test in the space below. Count 24 hours from that time. Ex: If you start collecting at 8 a.m., you will finish at 8 a.m. the next day.
2. Each time you void, the urine should be collected and stored in the large brown containers. Keep the containers at refrigerator temperature through the 24 hours. Remember, drink at least 8 glasses of water during the 24 hour period. Avoid, tea and coffee because they act like natural diuretics and will cause you to pass more urine. If you leave your home during this time, take the container with you.
3. When your 24 hours are up, you should empty your bladder one last time and add this to the collection container. This will complete your 24 hour urine collection process. Write down the time you finish your collection below.
4. Return the brown urine collection container/s to the Roswell Park phlebotomy lab with:
  - a. This form indicating the start and end times of your collection
  - b. The laboratory requisition order provided (called the computer downtime form)

**NOTE: You may need to get your blood drawn, so ask the phlebotomist before you leave.**

**The phlebotomy lab is located on the ground floor of the main hospital, next to registration.**

- ✓ Phlebotomy Hours of Operation: Mon-Thurs 6 a.m.-5:30 p.m., Fri 6 a.m.-5 p.m.
- ✓ Urine samples cannot be dropped off on Saturday or Sunday.
- ✓ You must return this form with the urine collection containers. Label the containers with your name and medical record number or date of birth. The specimen will be thrown away if not labeled.
- ✓ Please do not substitute any containers. If you need another 24 hour jug please call and ask for one.

### Collection times

Start: Date \_\_\_\_\_ Time \_\_\_\_\_

End: Date \_\_\_\_\_ Time \_\_\_\_\_

If you have questions, please call to speak with a nurse.

Phone: \_\_\_\_\_ Monday – Friday, 8 a.m. – 5 p.m.