

24-Hour Collection of Urine Instructions and Information

Name: _____

Test(s): _____

Substances such as proteins, electrolytes and hormones are variably excreted during a 24-hour period. Accurate determination of certain chemicals (such as those contributing to kidney stone production or metabolic by-products) can be made using a 24-hour collection of urine versus a random collection.

Specimen collection containers are available from the laboratory. These containers are designed specifically for urine test collection and are free of contaminating substances.

The specimen collection container label should include your name and date of birth and the tests to be performed. Sometimes chemicals need to be added to the container to preserve urine elements. In these cases the name of the chemical will be placed on the container. Avoid contact with the preservative.

Collecting the specimen

1. Empty your bladder and discard (flush) this urine.
2. Record the time: _____
3. Collect all subsequent urine into the laboratory container for the next 24 hours. Pass it either directly into the plastic container or into a collection device (like a measuring pitcher) and then pour it into the plastic container making sure not to spill the specimen.
4. At exactly 24 hours, empty any remaining urine from your bladder into the container. This completes the collection process.

Care of the specimen

1. Most specimens must be maintained at refrigerator temperature. In lieu of placing the container in the family refrigerator, a recommendation would be to place an ice chest or picnic cooler in the bathroom. Line the chest/cooler with a plastic garbage bag. Fill and maintain the bag with ice/ice water above the level of urine in the collection container.
2. Do not miss a specimen or spill a portion of a specimen or the entire collection becomes invalid for testing.
3. Do not contaminate the specimen with fecal material.
4. Limit dietary intake of alcohol. Unless directed by your physician, maintain your usual liquid volume intake.
5. Errors in test results can be caused by:
 - a. Loss of a voided specimen or incomplete 24 hour specimen collected.
 - b. Failure to discard the first specimen.
 - c. Poor preservation or inadequate refrigeration.
 - d. Extending or shortening collection time frame.

Transporting the Specimen

1. Bring the entire collection to the lab at the end of the collection period. You may need to have your blood drawn at the lab at the time you return your urine collection. You may also be required to supply your height and weight in order to calculate some test results.
2. Please be sure specimen is labeled with the patient name and date of birth.
3. To drop off specimens at a hospital lab:
 - a. Covenant Medical Center: The lab is open Monday-Friday 6 a.m. to 6 p.m. and Saturday 8 a.m. to Noon to drop off specimens. Outside of these hours specimens may be dropped off at the Emergency room registration desk.
 - b. Sartori Memorial Hospital: specimens may be dropped off any time.
 - c. Mercy Hospital: please call the lab prior to bringing in a specimen.

If you have further questions or concerns, please contact one of the labs below.

Covenant Medical Center
3421 West Ninth Street
Waterloo, IA 50702
319-272-8842

Mercy Hospital
201 8th Avenue SE
Oelwein, IA 50662
319-283-6075

Sartori Memorial Hospital
515 College Street
Cedar Falls, IA 50613
319-268-3030