



24-Hour Urine Collection Instructions

Collect urine for testing

Your health care provider wants you to collect urine for testing as part of your health care. Important decisions depend on the results of your urine test. If you have any questions, about why you are collecting urine or your urine test, contact your health care provider. If you have any questions about the collection instructions, please contact Great Plains Health Laboratory at 308-696-7450.

Your urine collection is for 24 hours.

Your urine test will not be accurate and you may need to do the urine collection again if, for any reason, any of the urine you pass during the 24-hour time period is not put into the provided collection container and returned as instructed.

Urine collection kit

Your urine collection kit contains:

- This patient instruction material.
- A labeled urine collection container that may or may not have a preservative in it. Use only the collection container provided. This helps with correct handling and reporting of test results to your health care provider.
- A plastic cup to catch your urine.

Your health care provider may want more than one urine test done. If the tests need different preservatives, you will need to collect urine in separate 24-hour time periods. You will be given a container for each 24-hour urine collection.

If you have any questions, about why you are collecting urine or your urine test, contact your health care provider. If you have any questions about the collection instructions, please contact Great Plains Health Laboratory at 308-696-7450.

Before you start

If you are having a creatinine clearance test performed, your height and weight are required as part of this test. Please provide your height and weight below:

Height: _____

Weight: _____

Record start and stop times

Write your start date and time and stop date and time here and on the label of the collection container. These times are needed for accurate test results. The stop time is 24 hours after the start time. For example, if you start at 7 a.m. one day, your stop time is 7 a.m. the next day.

Start: _____ day _____ a.m./p.m.

Stop: _____ day _____ a.m./p.m.



Collecting urine instructions

If you have any questions, about why you are collecting urine or your urine test, contact your health care provider. If you have any questions about the collection instructions, please contact Great Plains Health Laboratory at 308-696-7450.

1. Urinate at the start time but do not collect this urine. This urine was made before your collection time period began and should not be part of your collection.
2. Use the plastic cup provided to catch all the urine you pass each time you urinate for the next 24 hours. You may also use a clean paper or glass container, but not a metal container.
3. Pour the urine into the collection container each time you urinate. Rinse the plastic cup with tap water after each use. **Do Not urinate directly into the collection container.**
4. If a preservative is in the collection container, it is important that you **do not urinate into the collection container** because the preservative could splash on you and cause a burn.
5. If possible, keep the urine in the refrigerator unless instructed otherwise.
6. To end your 24-hour urine collection, urinate at the stop time. Pour the urine into the collection container. This urine was made during your collection time period and should be part of your collection.

If you are doing only one 24-hour urine collection, go to Returning your urine collection container below.

If you are doing another 24-hour urine collection, write your start date and time and stop date and time here and on the label of the second collection container.

Start: _____ day _____ a.m./p.m.

Stop: _____ day _____ a.m./p.m.

Note: The stop time of your first collection and the start time of your second collection are the same if you do your second collection right after your first collection. If you do not start your second collection right after your first collection, urinate at the start time but do not collect this urine. This urine was made before your collection time period began and should not be part of your collection.

Returning your urine collection container

Return your specimen to the Great Plains Health Laboratory.

Questions

If you have any questions, about why you are collecting urine or your urine test, contact your health care provider. If you have any questions about the collection instructions, please contact Great Plains Health Laboratory at 308-696-7450.