



## Patient Instructions for 24-Hour Urine Collection

Your doctor has ordered tests which require the collection of a 24-hour urine specimen. This means saving ALL the urine for a 24-hour period. Always keep the collection bottle iced during the collections. (Suggested method is a cooler with ice near the toilet to set the bottom in)

If a preservative (Acid, etc.) is required, the appropriate acid or preservative will be placed in the container at the time you pick it up, so that the urine will be acidified or mixed with preservative as it is collection.

Please note that there will be biohazard stickers and warning stickers on your collection bottle to let anyone that may come in contact with the container know that it contains hazardous substances.

The accuracy of the collection is very important and should be done as follows:

1. The first voided specimen in the A.M. (upon rising) is discarded and the time is recorded on this paper at the bottom.
2. From this time forward for the next 24 hours, ALL urine specimens will be saved and placed in the collection container.
3. The same time (as noted in #1) the following morning, you are to empty your bladder and place this specimen in the container with the rest of the 24-hour collection. This now completes the 24-hour collection.
4. Please return this completed form and your specimen to the laboratory. Upon returning the specimens, please stop at the admissions department located at the front of the hospital and register with one of the clerks.
5. A blood specimen may be drawn by the laboratory during this collection period. Occasionally, however, blood can be drawn from 24 hours prior to the collection to 24 hours following the complete urine collection.

For the Patients collecting a specimen for VMA testing, avoid salicylates, caffeine, phenothiazine, and antihypertension agents. Also, coffee, tea, chocolate, fruit (especially bananas and any vanilla containing substances for 72 hours prior collection).

Thank you for your cooperation.

If you have any questions, please call us at 308-568-7450.

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

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

Stop Date: \_\_\_\_\_

Stop Time: \_\_\_\_\_