

Patient Information: Collection of a 24-hour urine specimen

The following instructions will guide you in the proper collection of a 24-hour urine specimen. Tell the doctor if you think you may be pregnant. You must also tell the doctor all the medications you are taking including over-the-counter medicines, prescriptions and any herbal supplements. The clinic will give you a bottle to use for this collection.

1. It is best that you stay home for the entire 24 hour time period as all urine must be collected and stored on ice or in refrigerator.
2. You should collect every drop of urine –it does not matter how much or little urine is passed each time as long as every drop is collected.
3. Begin the urine collection after the first time you empty your bladder in the morning. Make a note of the first time you urinate and then flush it away. The next time you urinate is when you begin the collection.
4. Collect every drop of urine during the day and night into the collection bottle.
5. If you need to have a bowel movement, any urine passed with the bowel movement should be collected. Try not to include feces with the urine collection. If feces do get mixed in, do not try to remove the feces from the urine collection bottle.
6. Finish by collecting the first urine passed the next morning; it should be within ten minutes of the time you urinated on the first morning.
7. Bring the bottle of urine back to the CrossOver clinic as soon as you finish the 24-hour urine collection.