



Patient instructions

The 24 hour Urine Specimen

If your doctor orders a 24 hour urine, that means that he wants to study your body's function over an exact 24 hr. period. The quality of the decisions that he makes will depend on how well you can collect the specimen. This guide will help you to get the best specimen.

Unlike normal urine collection for this test you need to keep all of the urine that you make. You need the collection jug and if you see some liquid in the jug it is OK. Some tests require the liquid to preserve the urine specimen.

Warning: DO NOT TRY TO POUR THIS LIQUID OUT, AND DO NOT ALLOW ANYONE TO PLAY WITH THE JUG--IN SOME CASES, THE LIQUID IS A WEAK ACID AND CAN CAUSE SERIOUS BURNS IF IT CONTACTS SKIN OR EYES.

When you are ready to start the collection period, write the time down and urinate completely in the toilet-- that's right the first specimen goes down the toilet. This way, you will start on empty. After that, all the urine that you make for the next 24 hours must be collected and poured into the jug. Do not try to urinate directly into the jug— remember the preservative can burn you! You will have to store the jug in your refrigerator during the collection process.

At the end of the collection period--at exactly the same time that you started on the day before-- empty your bladder completely and add this last sample to the jug. You can now cap it up tight, label it and bring it back to the hospital.