

Instructions For 24 Hour Urine Collection

To ensure accurate testing of 24 hour urines, the instructions below should be followed and an accurate **OUTPATIENT COLLECTION RECORD (see below)** filled out:

CAUTION: Some 24 hour containers have caustic compounds and must not touch skin. Extreme care must be taken.

1. It is recommend that the urine collection begin after the first morning void. Keep urine in a cold (not freezing) area. The refrigerator works well for this.
2. When ready to begin collection, the patient should empty his/her bladder without saving the urine. The date and time of this void should be recorded as the **COLLECTION START** date and time on the **COLLECTION RECORD**.
3. Each time the patient urinates during the rest of the day and night, the urine should be saved in the jug provided. On the **COLLECTION RECORD**, the time of each urination should be listed in the blank provided. For each urination, if the urine is saved they should circle the word "saved." If they forget to save the urine, they should draw a circle around the word "lost."
4. The next morning (or exactly 24 hours after the test was started) the patient should empty his/her bladder and save the urine in the jug, indicating the date and time. This completes the urine collection.
5. The complete urine collection volume should be delivered on the same day it is completed, to the Pathology Laboratory, Specimen Collection Lab, 3rd floor, Physician's Pavilion, Suite 300.



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24-HOUR URINE COLLECTIONS

To ensure accurate testing on the urine you are going to collect, it is important that you follow the instructions below. If you do not understand any portion of these instructions, please call **503-494-7383**.

- 1. Caution! Some containers contain caustic substances. Do not let any fluids splash, spill, or in any other way come in contact with your skin. If fluid does come into contact with skin, immediately flush with water for 15 minutes and seek medical attention. Your container contains the following checked item:***

Boric Acid Hydrochloric Acid No Additive

2. When you are ready to begin the test, void or empty your bladder and discard the urine. **DO NOT SAVE THIS URINE.** Record the date and time the test started on the **COLLECTION RECORD** on the reverse side of these instructions.
3. Each time you empty your bladder (void or urinate) during the rest of the day and night, save the urine in the container provided. **PLEASE KEEP REFRIGERATED.** On the **COLLECTION RECORD** on reverse, write the time of each urination in the next empty space. For each urination, if the urine was saved in the jug, draw a circle around "Saved," if you forget to save the urine, draw a circle around "Lost."
4. The next morning (24 hours after the test was started), empty your bladder (void or urinate) and save the urine in the collection jug. On the **COLLECTION RECORD**, circle "Saved" or "Lost" and indicate the date and time the collection is completed. This completes the urine collection.
5. Deliver the completed urine collection and this instruction sheet Monday – Friday 7:30am to 5:30pm to the Specimen Collection Laboratory in the Physician's Pavilion, 3rd Floor, Suite 300 the same day it is completed.

Specimen Collection Record

Patient Name: _____ Start Date: _____

Med. Rec. Number: _____

Time Collected

Saved or Lost

Start: _____

Discard this Collection

_____ AM/PM

Saved Lost

_____ AM/PM

Saved Lost

_____ AM/PM

Saved Lost

_____ AM/PM

Saved Lost

_____ AM/PM

Saved Lost

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Saved Lost

*****RETURN COMPLETED COLLECTION*****

*****RECORD WITH THE URINE SPECIMEN*****