

Oregon Health & Science University
Department of Pathology
Outpatient and Inpatient Instructions

Instructions For 24 Hour Urine Collection

To ensure accurate testing of 24 hour urines, the instructions below should be followed and an accurate **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.