



24 hour Urine Collection Instructions



The purpose of a 24 hour urine collection is to check your kidney function.

Please follow the instructions carefully. If any urine is lost, the test must be restarted again.

- 1) Be sure your name is on the container(s)
- 2) Keep the urine container refrigerated. Most patients place the container in a cooler on ice.
- 3) When you wake up in the morning of the day of your collection, empty your bladder completely. **DO NOT SAVE THIS URINE!**
- 4) Save **ALL** of the urine you make for the next 24 hours
- 5) Your last urine should be collected at the same time the next day after your collection was started
- 6) Bring the urine container to the lab first thing in the morning of the day you finished the collection. You **MUST** have a blood sample taken in order to complete the test

Please record the start and end times of your urine collection below:

Start Date: _____ Start Time: _____

End Date: _____ End Time: _____

Feel free to contact us for any questions at 214-947-1800

