



How to Collect a 24 Hour Urine Specimen

- This is easiest to do on a day when you will be home for most of the day, since you will need to collect ALL of your urine for the day.
- Please mark your name and the time of your first urination on the bottle at the start of your test. However, flush that first urination of the day down the toilet.
- Collect all of each and every urination after that in the container for the next 24 hour period (every drop of urine for the whole day).
- KEEP THE SAMPLE REFRIGERATED OR ON ICE
- End the collection at the same time you started the day before. For example, if you started at 7:00am on Sunday, finish at 7:00am Monday.
- Drop your specimen off at the lab.
- If your specimen is being collected for kidney function tests, the specimen needs to be brought into the office on the day you finish the collection so that your blood sample can be drawn also.

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