

24 Hour Urine Collection Protocol

Dear Patient:

This written instruction set is for you to follow so that we can obtain a 24 hour urine specimen to send to the laboratory for analysis. You will be instructed to obtain a urine jug either from the office or from the laboratory, which you will use for urine collection. It is preferable if you can keep the urine jug cool by placing it in the refrigerator or in a basin with ice during the time of collection.

It is preferable that you do the collection on the weekend so that you will be at home, and not miss any sample. Usually, it is more practical to do this from Sunday morning to Monday morning, the following day, so that you can immediately take the urine sample fresh Monday morning to the laboratory.

Instructions:

- 1. Upon waking on a Sunday morning, you will discard your first urine sample.**
- 2. You will collect all subsequent urine specimens starting from the 2nd voiding and all subsequent urination for the rest of the morning, the afternoon and on into the evening. If you should wake up at night to urinate, you should also collect this urine sample.**
- 3. When you wake up, the next day, on Monday morning you are also going to place your 1st urine in the jugs and finish after this first morning urination. You will then bring the jug to the laboratory for analysis.**

Please make your best effort to ensure that collection is complete and that no urine sample is discarded.

In summary, starting from the 2nd urination on Sunday morning and on the 1st urination on Monday morning, you are to collect all urine samples in the jug and send it to the laboratory promptly. This will ensure that we will have an accurate test.

If you have further questions, please feel free to call the office for clarification.