



HOSPITAL

Armstrong Center for
Medicine and Health Hospital
Laboratory Information: (724) 534-8123

24 HOUR URINE SPECIMEN COLLECTION INSTRUCTIONS

1. **Throw out** your first morning urine sample.
2. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the **START TIME**.
3. Begin collecting urine samples in the bottle the **next** time you urinate (pee). Do not urinate directly into the bottle. Save all the urine from each time you urinate for the complete 24-hour period.
4. Collect the **last** urine sample exactly 24 hours after your **START TIME**. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time and date on the collection bottle label. This is the **FINISH TIME**.
If you try to urinate at the **FINISH** time but cannot produce any urine, this is still an acceptable 24-hour urine sample. Write this as the finish time on the label.
5. **Put the bottle in a plastic bag and keep in a cool dark place** (e.g. refrigerator) during the time you are collecting and until you bring it to the laboratory.
6. **Important:** If, one of the urine samples is thrown out by mistake and not added to the bottle, the test must be started over. Call the laboratory at (724) 543-8123 for further instructions.
7. Clearly **label** the bottle with your **NAME** and **DATE OF BIRTH** as well as **START** and **FINISH** dates and times of the urine collection period.
8. Bring the bottle to the laboratory the same day the test is finished. If the collection is done on a weekend, bring the bottle to one of the laboratories that is open on the weekend (see back of requisition). Monday morning is okay if the bottle is kept cool. Hand the bottle to one of the laboratory staff; do not just leave it on the counter.

EXAMPLE:

1. First Sample = 7:00 a.m. → throw out
2. Write time and date on label beside START TIME.
3. Second sample → collect and pour entire urine sample into the bottle given to you by the laboratory.
4. Continue collecting and saving all urine samples for the complete 24-hour period.
5. Last Sample = Next day at 7:00 a.m. → this is the last urine sample. Collect and pour into the bottle. Write time and date on the label beside FINISH TIME.