ALBANY MED Health System
SARATOGA HOSPITAL

PATIENT INSTRUCTIONS

24 Hour Urine Collection

To the Patient: Follow these instructions in collecting your 24-hour urine specimen.

All specimens submitted to the laboratory must contain the patient's first name, last name, date of birth, date the specimen was collected, and time the specimen was collected.

Void (urinate) into the collection container provided for use in the toilet and transfer the urine into the collection jug. Do **not** add anything but urine to the container and do **not** discard any liquid, tablets, or powder that may already be in the larger collection container. **These substances may cause burns if touched**. The collection container should be kept tightly closed and refrigerated (or kept in a cool place) throughout the collection period.

1. Upon rising in the morning, urinate into the toilet, emptying your bladder completely. **Do not** collect this sample. Note the exact time and date and print it on the container label.

2. Collect all urine voided for 24 hours after this time in the container provided. All urine passed during the 24hour time period (day or night) must be saved. Urine passed during bowel movements must also be collected.

3. Refrigerate the collected urine between all voidings or keep it in a cool place.

4. At exactly the same time the following morning, void completely again (first time after awakening), and add this sample to the collection container. This completes your 24-hour collection. ***See Below if you have been given more than one 24 hour urine container.**

5. Take the 24-hour specimen as well as your requisition to the physician's office or laboratory as soon as possible, maintaining the cool temperature in transit by placing the specimen in a portable cooler or insulated bag.

For Patients needing more than one 24 hour urine collection container:
Please begin your collection in container labelled #1 and repeat steps 1-5 for all collection containers.