

Patient Instructions 24-Hour Urine Collection

Labeling of the specimen, to include name, d.o.b., collection date, time started, and time ended, is required to ensure prompt testing and to eliminate rejection by the laboratory.

Specimen Collection:

- Pass all of your urine into the toilet after you first wake up in the morning.
- **Print your name, date of birth and the time and date of your first urine collection on all the jugs labels.**
(Example: Nov. 11, 2003 at 7:00 am)
- Put **all** urine passed that day and night into the jugs given to you. Put all jugs with saved urine in your refrigerator. Do not place it in the freezer.
- When you first wake up the next morning, put the urine that you first pass into the jug. This is the last collection. The 24 hour collection should only contain one "first morning specimen".
Print the time and date of your last urine collection on all the jugs' labels.
(Example: Nov. 12, 2003 at 7:00 am)
- Please bring the labeled jugs to a CMC Laboratory site as soon as possible after the collection has ended and no later than 24 hours after collecting. If it takes more than two hours to travel when bringing the urine to a CMC Site, put the jugs into a cooler to keep them cold.

Note: Only use jugs given to you by CMC Laboratory staff at any of our locations. If you need something to pass the urine into before putting the urine into the jugs, we can provide a "plastic hat" that fits into your toilet. Be sure to only pass urine into the "hat". Rinse the "hat" only with clean water between each use. Do not use any soap or other cleaning materials.

You must collect and save all of your urine during this process. If any urine is missing, the collection should be restarted.

Female patients should not collect urine during your menstrual cycle (your period).

Effective Date: 6/2007
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