



24-hour Urine Collection

How to provide the 24-hour urine collection requested by your doctor? Please follow the instructions below.

1. You will be given a clean plastic container(s) by your doctor or medical laboratory. You can also use any empty and clean plastic container – for example a water bottle.
2. The 24-hour urine collection generally starts first thing in the morning. It is important to collect all urine in the plastic container(s) provided over the 24-hour period that follows.
3. The first morning you urinate – note the time. This is the start time for the 24-hour urine collection. Flush the urine from this first specimen (it does not need to be saved).
4. It is important to collect **all** the urine in the following 24-hours after the first (flushed) specimen – **including** the urine of the second morning. Please try to keep the urine samples cold.
5. If you urinate during the night, these samples must also be collected.
6. You do not need to change your eating habits or drink more liquid than normal, unless your doctor advises you otherwise.
7. Bring the entire 24-hour urine collection to your doctor or the laboratory.
8. Please take note of the following information and give it to your doctor:
 - What time did you wake up on day 1 of the 24-hour urine collection?
 - What time was the first (flushed) urine sample (start-time)?
 - What time did you wake up on day 2 of the 24-hour urine collection?
 - What time was your last urine collection?