

## Patient Instructions for 24 Hour Urine Collection

1. Obtain a properly prepared container for collection of a 24-hour specimen from the physician's office or recommended laboratory. Depending on the test, the container may contain a preservative that may be toxic or caustic. Keep container safely away from family and pets. Use caution not to spill or discard the preservative.
2. You should continue the usual intake of fluids and food (unless other specific instructions accompany these directions and state otherwise), but always abstain from alcoholic beverages during the collection procedure.
3. Only medications ordered by your doctor should be taken during the collection period.
4. On the morning that you are to start your urine collection, urinate normally, discard the urine and note the date/time on the container. This is the beginning of your sample collection even though this urine is not kept in the collection container.
5. Collect all urine that is voided for the next 24 hours and save it in the container provided. The last urine sample that you are to save and add into the container should be 24 hours after the start date/time that you noted on the container. You should try to make your last void within 15 minutes (more or less) of the start time on the second day of the collection. For example, if you started the collection at 8:00 am today, the last sample that you should save into the container should be voided between 7:45 – 8:15 am tomorrow.
6. Keep the sample container cool during the 24-hour collection period, either by refrigeration or by placing the container in an ice bath (pan of ice and water).
7. If the container becomes full before the completion of the collection period, contact your physician or the laboratory at Central DuPage Hospital (630)-933-6231 to receive another container.
8. Deliver the entire specimen to the laboratory within a few hours of completing the collection. The container does not need to be refrigerated during transport as long as it is delivered within one hour. The container should be labeled with your name and the time period of the collection (start date/time and end date/time). If you have written orders from your physician for the test(s) to be performed, they should be delivered to the lab with the specimen.

The Outpatient Laboratory at Central DuPage Hospital is open during the following days/hours:

Monday, Wednesday, Friday	6:30 am – 5:00 pm
Tuesday, Thursday	6:30 am – 6:30 pm
Saturday	8:00 am – 1:00 pm
Sunday	9:00 am – 12:00 pm

The Convenient Care Laboratories are open during the following days/hours:

Monday – Friday	7:30 am – 8:30 pm
Saturday – Sunday	8:00 am – 6:00 pm
Holidays	7:30 am – 4:00 pm*

\* Open locations vary; please call for holiday hours.

The patient's name, date of birth, date and time of collection should be noted on the specimen container.