

How to Collect a 24-Hour Urine Sample

1. Your physician's office or a lab staff member will give you a container for your urine sample. It may have a liquid in it that may be toxic or caustic. The liquid can help preserve your sample. Keep the container away from people and pets. Be careful not to spill or throw away the liquid. Your name and date of birth should be noted on the side of your sample container.
2. Drink and eat as you normally do, unless your care teams give you different directions. Do not drink any alcohol until after you get your sample.
3. Only take medications ordered by your physician until after you get your sample.
4. On the morning you start collecting your urine sample, urinate normally into a toilet. Then, flush the urine and note the date and time on the container. This is the start of your collection even though this urine is not kept in the container.
5. Collect all urine over the next 24 hours. Save it in the container. The last sample that you save and add to the container should be 24 hours after the start date and time noted on the container. Try to urinate within 15 minutes (more or less) of the start time on the 2nd day of the collection. For example, if you started the collection at 8 am today, the last sample you save into the container should be between 7:45 and 8:15 am tomorrow.
6. Keep the container cool. You can put it in a refrigerator or in an ice bath (container of ice and water).
7. If the container is full before the 24 hours is done, contact your physician.
8. Deliver your sample to the lab within a few hours of completing it. You do not need to refrigerate the sample during transport as long as you deliver it within 1 hour. The container should be labeled with your name, date of birth 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) that will be done on your sample, bring them to the lab with your sample.

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