

 Eastern Health Laboratory Medicine	Section: Management System\EH Laboratories\Client Services\Collection Manual\Patient Instructions\	
	Title: Collecting a 24 Hour Urine (Pee) Specimen	Number: 11116
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How to Collect a 24 Hour Urine (Pee) Specimen

Note: Keep container in a cool dark place (e.g. refrigerator) during the time you are collecting and until you bring it to the laboratory.



Poison

Caution: The bottle may contain a preservative which may burn your skin. DO NOT remove the preservative from the bottle. Keep the bottle upright so it does not spill. Urinate (pee) into a clean dry plastic container and transfer the urine to the collection bottle.



Corrosive

DO NOT splash when pouring urine into bottle. IF LIQUID IN BOTTLE IS SPLASHED OR SPILLED, WASH SPILL IMMEDIATELY WITH WATER.

- **Throw out** your **first** morning urine (pee) sample. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the **START TIME**.
- Begin collecting urine samples in the bottle the **next** time you urinate (pee). Urinate into a clean dry plastic container and transfer the urine to the bottle.
- Save all the urine from each time you urinate for the complete 24 hour period. Close the lid securely and gently mix or invert the bottle after each urine sample is added.
- Collect the **last** urine sample exactly 24 hours after your **START TIME**. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time and date on the collection bottle label. This is the **FINISH TIME**.

EXAMPLE:

First Sample: 7:00 a.m. throw out
Write time and date on label beside
Start Time.

Second Sample collect and pour entire urine sample into the bottle given to you by the laboratory

Continue Collecting and saving all urine samples for the complete 24 hour period. Close lid securely and gently mix or invert the bottle after each urine sample is added.

Last Sample Next day at 7 am, this is the last urine sample. Collect and pour into the bottle. Write the time and date on the label beside **FINISH TIME**.

- If you try to urinate at the **FINISH** time but cannot produce any urine, this is still an acceptable 24 hour urine sample. Write this as the finish time on the label.
- **Put the cover tightly onto the bottle. Put the bottle in a plastic bag and keep in a cool dark place** (e.g. refrigerator) during the time you are collecting and until you bring it to the laboratory.
- Clearly **label** the bottle with your **NAME** and **MCP#** as well as **START** and **FINISH** dates and times of the urine collection period.
- Bring the bottle and the lab slip to the laboratory the same day the test is finished. Give both of them to one of the laboratory staff; do not just leave them on the counter. If collection is done on weekend, sample maybe brought to lab on Monday morning if bottle is kept cool.

Important: If one of the urine samples is thrown out by mistake and not added to the bottle, the test must be started over