Urine Collection

24-Hour Urine Collections: Alpena Regional Medical Center provides 24-hour urine collection containers.

Use the following procedure for correct specimen collection and preparation:

• Warn patient of presence of potentially hazardous preservatives in collection container.
• Instruct patient to discard first-morning specimen and to record time of voiding.
• Patient should collect all subsequent voided urine for remainder of day and night.
• Collect first-morning specimen on day 2 at same time as noted on day 1.
• Please mix well before aliquoting and provide total volume of 24-hour urine collection.

See “Urine Preservatives” in “Special Instructions” for multiple collections for specimens being sent to Mayo Medical Laboratories through Alpena Regional Medical Center.

Midstream Urine Collections: For urine collection, use midstream urine collection kit. For urine culture, use grey-top culture tube; and for urinalysis, use red-top urinalysis tube. Method of collection instructions are as follows:

1. Open bag and remove tubes, specimen container, and soap Towelette®. Place tubes in a protected location, and give Towelette® and specimen container to patient.
2. Instruct patient on proper collection of a clean-voided, midstream urine specimen. Instructions are also listed on bag.
3. Patient should be instructed to give urine specimen to nurse immediately after collection.
4. After midstream collection, place container upright on a clean, flat surface. Container may be tipped at an angle if urine is limited.
5. Peel back label on top of container to expose sampling device.
6. Place grey-top culture tube in holder portion with stopper down and advance tube over puncture point to pierce stopper. Grey-top tube should be filled first when collecting specimens for both culture and urinalysis. Grey-top tube must be filled at or above minimum line.
7. Hold in position until urine stops flowing into tube.
8. Remove tube from device and shake tube vigorously to mix contents.
9. Place red-top urinalysis tube in holder portion with stopper down and advance tube over puncture point.
10. Hold in position until urine stops flowing into tube.
11. Remove tube from device, replace label, and reseal.
12. Specimen container may be discarded or sent to laboratory for urinalysis or drug screen as required.

Note: 1. If there is <20 mL of urine in collection container, a manual fill may be required as tubes will not fill completely using sampling device.
2. All tubes should be held in refrigerator until laboratory courier arrives.

Random Collections: For routine analysis and microscopic evaluation, have patient void into a clean container supplied by Alpena Regional Medical Center. Specimen should be capped, labeled, and refrigerated until courier pickup time. A clean-catch or midstream specimen is preferred. Patient should first void a small amount of urine which is discarded. Some of the urine should then be collected in a clean container before voiding is completed.

If delays are anticipated in sending specimen to the laboratory, a portion of specimen should be aliquoted into a grey urine culture transport tube (boric acid) should any culture work also be desired or indicated.
24-Hour Urine Collection Instructions

Getting Ready:

- Pick a time to begin urine collection. Plan for it to be done at a time when you can bring it to the Laboratory within 4 hours of completing the collection.
- **Do not urinate directly into collection bottle.** You can use the collection device given to you or a clean, plastic container, such as a margarine container. Collect urine in this collection device and pour it into the collection bottle.
- Be sure to collect all urine each time you urinate. Do not contaminate urine with stool or toilet paper.
- Once you begin collection, refrigerate collection bottle until you are ready to deliver it to the Laboratory.
- If a preservative is present, your bottle will be labeled with the name of the preservative added. Do not throw away the preservative and be careful not to spill it on you or anything else. If you spill the preservative, immediately wash with large amounts of water and call the Laboratory at 989-356-7249.
- If any urine is spilled or you forget to add a specimen, call the Laboratory 989-356-7249 for instructions.

Specimen Collection:

1. At the time you have chosen to begin, urinate into the toilet and flush this urine. Write beginning date and time on the label.
2. Collect all urine for next 24 hours by urinating into collection device and pouring urine into collection bottle. Keep collection bottle in refrigerator until you are ready to deliver it to the Laboratory.
3. Twenty-four (24) hours after you started the collection, collect your final urine in the collection device and add this urine to the collection bottle.
4. Write ending date and time on the label. Keep collection bottle in refrigerator until you are ready to deliver it to the Laboratory.

Deliver the Completed Collection Bottle to the Laboratory:

1. Bring urine to the Laboratory at Alpena Regional Medical Center within 4 hours of finishing the collection; otherwise, you may need to start over. If you have a written order for the test, bring it with you.
2. Before going to the Laboratory, you will need to go to the Admissions area in the lobby of the hospital.

If you have any questions or problems, call the Laboratory at 989-356-7249.