24-Hour Urine Collection

Instructions to be explained to the patient:
1. **Always refrigerate** specimen during collection.
2. To begin the 24-hour collection, instruct the patient to urinate into the toilet. The patient should record this time on the slip attached to the bottle in the section "COLLECTION BEGUN".
3. Instruct patient to collect and save **all** subsequent urine for the next 24 hours. This is critical for obtaining accurate results.
4. Tell the patient to urinate at EXACTLY 24 hours after the collection began and include this urine in the collection. If the patient is unable to void at this time, have them obtain a specimen as soon as possible. Record the time (collection completed) on the slip attached to the bottle in the section "COLLECTION COMPLETED".
5. **If the collection container contains an acid preservative, caution the patient to void into a clean urine cup or container and transfer the urine to the jug carefully, as not to splash acid on him/herself.**

Instructions for the office:
1. If a preservative is required, call the laboratory and ask for 24-hour urine container with appropriate preservative. Porter Laboratory will send it out as soon as possible, or you can send the patient to the laboratory to pick it up.
2. When you get the urine container back from the patient please make sure the **beginning and ending time** is written on the container, and verify that collection was done correctly.
3. Refrigerate the sample until it is sent to the laboratory.
4. Requisition or electronic order must be completed and sent in with the sample.

**Urine Ph Adjustment and Preservatives: 24 Hour Collection**
When a 24-hour collection is submitted, the collection sheet should be checked to be sure the correct preservative is in the sample for the tests ordered. Mix the sample well before measuring and aliquoting and check the list for additional handling instructions.

- Bottles containing any preservative should have warning tape or label specifying preservative used.
- Pediatric patients – Usually a pediatric jug (for the purpose of 24 hour urines) is considered for anyone less than 5 years old.
- Alternate preservatives may be used for preserving samples. See specific test in this Catalog for alternate choices.