

**RUSH UNIVERSITY MEDICAL CENTER
RUSH MEDICAL LABORATORIES**

PATIENT INSTRUCTIONS - COLLECTION OF A 24 HOUR URINE SPECIMEN

Your doctor has ordered a test which requires you to collect your urine for a 24 hour period. It is important that ALL urine voided during this time be transferred to the large brown container which you received from the laboratory. We ask that you urinate into a clean, dry glass or cup and then POUR the entire collection into the large brown container. Some of the brown containers have a small amount of ACID in them which could cause a burn or skin irritation. After you transfer your first collection to the brown container, place the container in the refrigerator in an upright position.

If your physician ordered a Urine Creatinine Clearance, you must have a blood sample drawn on the day that you drop off your Completed 24 Hour Urine Bottle(s). Tell the receptionist, nurse or phlebotomist that you need your blood drawn when you bring your 24 Hour Urine Bottle(s) back.

TO BEGIN COLLECTION:

1. Empty your bladder of urine. Do not collect this sample.
2. Write down the time you voided this urine. This is the start time.
3. Collect the next urine sample in a clean, dry glass or cup. Be sure to use a container large enough to hold the entire sample.
4. Pour the sample into the large brown container.
5. Tightly cap the large brown container and refrigerate until the next collection.
6. Repeat steps 3, 4 and 5 for 24 hours. Collect ALL urine for 24 hours, ending at approximately the same time the following day.

EXAMPLE: Void on Wednesday at 8 AM - discard this sample. Collect until Thursday at 8 AM, adding this sample to the container and stop.

7. Write down the time of the final collection.

If you are to collect more than one 24 hour urine, you may begin the next one at this time. This is your start time for the collection. Repeat steps 2 through 9 using a new brown container.

If you want to wait and collect the next 24 hour urine at another time, begin at step 1.

8. **Record your name, the time you began the collection, and the time you stopped the collection on the label attached to the large brown container.**

If you have any questions regarding the instructions above, please contact the supervisory staff of the chemistry lab (312) 942-5002.

9. Deliver the labeled brown container to the laboratory. The container can be kept at room temperature during transport.