

# 24 Hour Urine Collection

- Start this urine collection when you get up for the day.
- Flush the very first morning's urine.
- Every time you urinate, after discarding the first urine, put in the container provided. You will do this for 24 hours.
- Make sure to always keep the urine cold, either on ice or in the refrigerator.
- When you get up the next morning, you will collect your first morning's urine in the container.
- **For female patients:** If you are on your menstrual cycle, it is best to wait before starting collection.
- Bring the urine container into the office once you have urinated the last time on the second day. **Please bring the 24 hour urine specimen in no later than 10 am** so that we have time to process it before the lab courier picks up for the day.
- **We close at noon on Friday and do not accept 24 hour urine specimens on that day.** We will make exceptions from time to time. Make sure to discuss this with the lab tech if that is the only time you can bring it.