

ASCLS Mission:

The mission of ASCLS is to make a positive impact in health care through leadership that will assure excellence in the practice of laboratory medicine.



**Your Safety and Service Experience
Are Important To Us!**

Laboratory Patient Safety Tips:

24 Hour Urine Collection





Because some chemicals and hormones are excreted unequally during the day, your healthcare professional may require that you collect urine for a 24-hr period in order to obtain accurate results.

You will be given a 24-hour urine jug and may be given a separate urine collection container. **DO NOT** urinate directly into the jug as some jugs may contain preservatives that may irritate and burn. Instead, urinate into the urine collection container (specimen pan that is placed in the toilet) and then pour the urine into the 24-hour urine bottle. The urine collection container should be rinsed and dried between uses. If you are not provided with a collection container, you may use any clean dry container that is rinsed and dried between uses.

Keep the 24-hour urine jug refrigerated or on ice during collection unless instructed to do otherwise. The container should be kept tightly capped during the collection period.

Collection Instructions:

- The collection always begins and ends at the same time. For example, if you begin collecting urine at 7:00 AM today you will complete the collection at 7:00 AM tomorrow.
- **On Day 1** begin the collection after your first morning urination on day one of the collection (usually between 6:00 AM and 8:00 AM). Completely empty your bladder and **discard** this first specimen. Record this as the start time and date on the jug.
- Collect ALL urine during the remainder of the day, evening and night for the entire 24-hour period. Add ALL the urine to the jug, no matter how small an amount. Do not allow toilet paper, feces, or anything else to be added to the urine.
- **On the morning of Day 2**, at the end of the 24-hour collection period, completely empty your bladder and add this urine to the jug. This is the last specimen and completes the 24-hour collection. Record the exact end date and time on the jug.
- Bring the jug(s) to the laboratory as soon as possible.
- Be sure the following information is on the jug(s) before you leave the laboratory: your full name; your height and weight; date and time you began the urine collection; date and time you ended the urine collection.



24-Hour Urine FAQs:

What if I forget to add one or more urine specimens to the jug?

The results of the test may not be accurate. The collection will most likely need to be restarted. Please contact your Laboratory for instructions on how to proceed.

What if I need to have a bowel movement during the collection period?

If you need to have a bowel movement, any urine passed with the bowel movement should be collected. Try not to include feces with the urine collection. If some feces gets mixed in, do not try to remove the feces from the urine collection jug.

My collection jug is getting full. What do I do?

If needed, the Laboratory can provide you with more than one jug. Try to plan ahead so that you don't find yourself with a full jug in the middle of the night.

I am not passing much urine. Is this a problem?

You should collect every drop of urine during each 24-hour period. It does not matter how much or little urine is passed each time or in total, as long as every drop is collected.

Should I take my medications?

Discuss this with your healthcare professional prior to beginning the collection. You may be asked to discontinue some medication or supplements as certain drugs increase or decrease test results. Do not discontinue medications without consulting with your healthcare professional.

Is exercising OK?

Ask your healthcare professional before you begin the collection process because exercise does affect some tests. Your healthcare professional may ask you to limit or discontinue strenuous exercise during the collection period.