

Instructions For 24 Hour Urine Collection

1. You will be given a 24 hour urine collection bottle. It will need to be kept in the refrigerator or on ice after you start filling it up.
2. Always start your collection after waking up for the day.
- 3 VOID your first urine of the day in the toilet. Do Not save your first urine but mark this as your start time at the bottom of this form.
4. Save all urine for the next 24 hours in your container. In order to get correct results, it is important to save every urine sample. If you forget to save and urine, be sure to note it at the bottom of this age.
5. You will need to drink plenty of fluids during this time, 6-8oz glasses if possible.
6. The last urine sample should be as close to the start time as possible and must be saved.
7. Please bring your bottle back to our office as soon as possible after the last collection.
8. Some 24hr urine test require blood to be drawn when you bring back the container. Please be sure to check with your doctor to see if you will be needing blood work. If so, you will need to bring your urine back during lab hours so we can draw your blood. When you bring your urine back please notify the front desk that you will be having your blood drawn also.

PLEASE FILL OUT THE FOLLOWING

Patient Name:

_____ Dob _____

Collection Start Date: _____ Start
Time _____

Collection Stop Date: _____ Stop
Time _____