



GEORGIA PERINATAL

CONSULTANTS

24-HOUR URINE COLLECTION

You have been asked to collect a 24-hour urine sample. This procedure checks the function of your kidneys and measures certain products in your urine. For accurate results, it is important to collect all your urine for exactly 24 hours.

PREPARATION

Before you begin the collection, you will be given a urine collection container ("hat"), a labeled urine storage container, and your physician's order for test processing and associated bloodwork inside a plastic transport bag. Keep your storage container refrigerated throughout the 24-hour collection period until you drop it off. If you do not have access to a refrigerator, your collection should be kept on ice or in a cooler.

COLLECTION

- * Start the 24-hour urine test by urinating directly into the toilet. Do not save this urine. After you urinate, write the date and time you discarded the first void on your storage container. For the next 24 hours, urinate first into your collection container, then pour the urine into your storage container.
- * Exactly 24 hours after the start of the test, urinate one last time (if you need to) and place the urine in your storage container. *This is the end of your test. From this time forward void directly into toilet and discard.* Write the date and time the test ended on your storage container.
- * Bring the urine to the drop off location as soon as possible. Your drop off location may be one of our offices, your OB/GYN's office, or a lab draw site such as LabCorp or Quest.
- * To prevent leaks, make sure the lid is on tightly, and that the container is transported upright inside the plastic bag we have provided to you. If the weather is warm and you must travel a long distance, transport your urine container on ice or in a cooler.
- * Blood collection takes place once the urine is turned in. Neglect to collect and submit blood along with urine specimen renders the test invalid. Therefore, please feel free to remind the staff member that receives your urine collection container to draw your blood.
- * If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times.