

How to Collect a 24 Hour Urine Specimen

- Beginning with the first morning urine sample, urinate and discard this sample. Write this time and date on the label of the collection bottle. This is the **START TIME**.
- Begin collecting urine samples in the bottle the **next** time you urinate. Urinate into a clean dry plastic container and transfer the urine to the bottle. A disposable container called a “hat” can be provided to make this easier. The “hat” is placed under the toilet seat to collect the urine.
- Save all the urine from each time you urinate for the complete 24 hour period. Close the lid securely after each urine sample is added.
- Collect the **last** urine sample exactly 24 hours after your **START TIME**. Try to collect a urine sample at this time even if you do not feel the urge to urinate. Write this time and date on the collection bottle label. This is the **FINISH TIME**.
- **Put the bottle in a plastic bag and keep in a cool dark place** (e.g. refrigerator) during the time you are collecting and until you bring it to the laboratory.

***Important:** If one of the urine samples is thrown out by mistake and not added to the bottle, the test must be started over. Call the laboratory at 815-966-2689 for further instructions.*

- Clearly **label** the bottle with your **NAME** and **DATE OF BIRTH** as well as **START** and **FINISH** dates and times of the urine collection period.
- Bring the bottle to the laboratory the same day the test is finished, including weekends and holidays.

Questions? Call Laboratory Customer Service 815-966-2689

