

# Collecting a 24-hour urine specimen

## *Instructions for our patients*

Your doctor has requested a laboratory test that requires a 24-hour urine collection. You can pick up your urine specimen container at any one of the Samaritan Health Services Laboratories. You can help insure the accuracy of your test by following these instructions.

**Important:** Read all instructions before beginning the collection process.

### About the container

The container you have been given may contain a preservative. Care must be taken when handling this preservative.

- Do not discard
- Avoid eye contact
- Keep out of the reach of children
- Do not void directly into the container

### Preparing for the collection

Patients should abstain, if possible, from over-the-counter drugs and herbal remedies for at least 72 hours prior to testing. Check with your health care provider prior to discontinuing any prescription medications.

### The collection period

The 24-hour collection period begins when you get up in the morning and empty your bladder. Discard this first morning urine. Write the date and time (when the specimen was voided and discarded) in the “Collection Started” space. Be sure to collect all urine, day and night, for the next 24 hours. Exactly 24 hours after you started the test, urinate one last time and pour the urine into the storage container. This is the end of your test. Write the date and time for the end of the collection in the “Collection Completed” space. Be sure to drink as usual throughout the day. There is no need to increase your liquid intake for the testing period.

Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Collection started \_\_\_\_\_

Collection ended \_\_\_\_\_

Tests ordered \_\_\_\_\_

Preservative added \_\_\_\_\_



**Note:** It is suggested that you begin your collection early in the week so that your specimen can be returned and submitted to the laboratory before the weekend.

Refrigerate the 24-hour collection container throughout the collection period.

### Example

If you awaken at 7 a.m. on the day you will begin the 24-hour collection, urinate into the toilet and write the date and “7 a.m.” in the “Collection Started” space. Collect all urine during the day and night for the next 24 hours, pouring each collection into the container. Set your alarm to awaken the next morning at 7 a.m. Urinate into the cup and pour the urine into the container.

### Missed a collection?

If you miss a collection, please return to the lab for a new container, as the collection process will need to begin again.

**Note:** Depending on the test your doctor has ordered, you may be asked for a blood specimen when you return your 24-hour urine specimen.

### Contact information

If you do not understand these instructions or you have questions, please call one of the laboratories listed below. All laboratories are normally open Monday through Friday, 8 a.m. to 5 p.m.

Good Samaritan Regional Medical Center  
541-768-5059

Samaritan Albany General Hospital  
541-812-4150

Samaritan Lebanon Community Hospital  
541-451-7135

Samaritan North Lincoln Hospital  
541-996-7176

Samaritan Pacific Communities Hospital  
541-574-1812

