

Collection of 24 hour Urine Specimen

For many urine assays, a 24-hour collection is required. In some instances, a preservative may be placed in the bottle prior to the urine collection. The patient should be informed of the presence of corrosive chemicals in the bottle and the importance of these preservatives to the analysis.

A creatinine determination is performed on most 24-hour urine specimens to assess the adequacy of the collection and thereby validate the daily excretion of a constituent.

Procedure

It is essential that the collection procedure be followed without deviation. The results provided to the physician depend upon the collection of the entire 24-hour specimen.

1. Have the patient obtain the proper urine container for the test requested from LifeLabs PSC.
2. Instruct the patient **not** to remove any tablets or other preservatives that may be in the container and note any warnings or instructions which may be printed on the outside of the urine container.
3. In the morning (for example 7:00 a.m.), the patient is to completely empty the bladder and discard the urine, thus urine is not to be collected into the container at this time.
4. All urine which is voided over the following 24-hour period must be collected and added to the container.
5. Prior to a bowel movement, patient should first empty the bladder and add urine to the container. This precaution will avoid loss of urine.
6. Exactly 24 hours later (in this case, 7:00 a.m. of the following day) the patient must completely empty the bladder and add this specimen to the container. This is the last specimen and completes the 24-hour collection. If further specimens are required, collections may be started from this point for the next 24-hour period.
7. The 24-hour collection bottle must be kept in a cool place.
8. Instruct the patient to return the 24-hour collection as soon as possible to the laboratory.

Any deviation from this procedure may invalidate the test results.