

HOW TO COLLECT 24 HR URINE

You will need to decide when you want to start saving your urine. The best time to start is when you get up in the morning and on a weekend. Once you start you must collect all your urine for 24 hours.

INSTRUCTIONS:

1. When you decide to start saving your urine, urinate first in the toilet and flush.
The first urine is not saved.
2. Before you urinate the second time, have a container* in place to catch the urine.
3. Pour urine into a **CLEAN** jug*. This jug must be kept on ice or in the refrigerator for the entire 24 hours.

Example: You wake up at 8:00 am on Sunday morning. Flush the first urine. This is your START TIME. Then collect and save all your urine until Monday morning. Be sure to collect and save the FIRST urine on Monday morning.

*You can get these containers at your local physician office/hospital laboratory or if you plan to have test done at ACH, from the Circle of Friends Clinic at ACH