



PROCEDURE:	24 HOUR URINE (WITH OR WITHOUT PRESERVATIVE)
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Medical supplies

- 24 hour urine container (with or without preservative);
- Stability :
 - See section 6 “Individual Tests”: Stability may vary depending on the requested tests.

Preparation

- 1) For some tests, there are dietary and drug restrictions. Check with your clinician or the laboratory before beginning the specimen collection;
- 2) Drink as much liquid as you normally do, during the 24 hour collection period;
- 3) Always keep the urine container refrigerated during the procedure and until you bring it to the laboratory (exception: uric acid).

Collection

24 hour urine without preservative

- 1) Obtain the 24 hour urine container at your doctor's office or at the laboratory;
- 2) Day 1 :
 - First thing in the morning, completely empty your bladder and discard this first morning specimen. This starts the 24 hour period;
 - Indicate the 'exact' time and date on the container (for example 7:10 am, 2012-APR-30);
 - Identify the container :
 - First and last name;
 - If you have the doctor's requisition, write the date and the starting time on the requisition;
 - Collect ALL specimens in the 24 hour urine container for the remainder of the day, evening and night for the entire 24 hour period;
 - Gently shake the container after each urine specimen is added;
- 3) Day 2 :
 - Collect the last specimen exactly 24 hours later (in this case at 7:10 am). This is the last specimen to complete your 24 hour collection;
 - Indicate the 'exact' end time on the container and on the doctor's requisition;
 - Replace the cap and tighten it firmly.
- 4) Please indicate the total volume of the 24 urine specimen on the requisition.
- 5) Bring specimens to the laboratory as soon as possible.

24 hour urine with preservative

- 1) Obtain two (2) 24 hour urine container at your doctor's office or at the laboratory. The one without the preservative will be used to collect the urine. Do not collect the urine directly in the container with the preservative;
- 2) Day 1 :
 - First thing in the morning, completely empty your bladder and discard this first morning specimen. This starts the 24 hour period;
 - Indicate the 'exact' time and date on the container (for example 7:10 am, 2012-APR-30);
 - Identify the container :
 - First and last name;
 - If you have the doctor's requisition, write the date and the starting time on the requisition;
 - Collect ALL specimens in the 24 hour urine container for the remainder of the day, evening and night for the entire 24 hour period;
 - After each collection, transfer the urine in the 24 hour urine container with preservative;



- Gently shake the container after each urine specimen is added;
- 3) Day 2 :
- Collect the last specimen exactly 24 hours later (in this case at 7:10 am). This is the last specimen to complete your 24 hour collection;
 - Indicate the 'exact' end time on the container and on the doctor's requisition;
 - Replace the cap and tighten it firmly.
- 4) Please indicate the total volume of the 24 urine specimen on the requisition.
- 5) Bring specimens to the laboratory as soon as possible.