

# **Charleston Area Medical Center Health System**

## **24 Hour Urine Collection Instructions (for patient)**

1. Start your 24 hour urine specimen collection with an empty bladder: Urinate into the toilet, and write the time on the jug as your “START TIME”. This urine will NOT be included in the collection
2. Collect all urine for the next 24 hours. If you must leave home during the 24 hours, take a container with you to hold any urine you pass during your time away from home.
3. Use a container other than the jug to urinate into. Males may use a specimen cup; females may use a white specimen collector (“hat”).
4. Transfer urine from the container into the jug, as soon as it’s collected each time.
5. If the jug is filled up before the 24 hours is complete, get a 2<sup>nd</sup> jug from the lab. The test will not be accurate if the entire 24 hour specimen is not collected.
6. Keep the jug in the refrigerator or in a container of ice.
7. Urinate for the last time exactly 24 hours after the collection began (the START TIME you wrote on the jug when you began collection). For example, if you started the collection at 7:00 A.M., then the next morning at 7:00 A.M. you will urinate the last time and pour into the jug. Try to collect a urine sample at this time even if you don’t feel the urge to urinate. Write this time on the jug as your “STOP TIME”.
8. Ensure that the patient’s full name, date of birth, and collection date / time are on the jug.
9. Return the jug to the lab as soon as possible (within 4 hours after STOP TIME).
10. When you return to the hospital with your specimen, you will need to register, if you didn’t register on the day you started the collection. (You may also need to have blood drawn, depending on the urine test ordered.)

**NOTE: If you forget to pour a specimen in the jug, or if you spill any urine, you will need to start the test over.**

If you have any questions, please call the appropriate Laboratory:

CAMC General: 304.388.6244

CAMC Memorial: 304.388.5953

CAMC Women and Children’s: 304.388.2381

CAMC Teays Valley: 304.757.1770

LabWorks: 304.345.5215