



## **24 Hour Urine Collection**

### **General Guidelines:**

Some of the chemical analysis of urine specimens must be performed on timed or 24 hour urine collections because some constituents exhibit diurnal variation. In order to eliminate the variability of these peaks and valleys of excretion, it is more definitive to perform the analysis on a 24 hour specimen.

### **Collection Procedure:**

1. Obtain a 24 hour collection container from the laboratory.
2. Label the container with patient identification.
3. At beginning, patient should empty his/her bladder and discard the urine.
4. Note the time. All urine specimens passed thereafter are collected in an appropriately labeled container.
5. At the end of the 24 hour collection period, patient should empty his/her bladder and add this specimen to the rest of the urine collection.
6. Store urine on ice or in refrigerator during collection.
7. Send urine and complete requisition to the laboratory ASAP after collection. The requisition should include patient identification, date and time of collection, and patient's height and weight if creatinine clearance is ordered. (Please note that a blood sample is required for this test as well).

### **Notes:**

1. For combinations of specimens which require more than one preservative, collect (1) 24 hour urine specimen. The laboratories will aliquot the urine for each test and add the appropriate preservative. The preservative is not added prior to the specimen collection. Add the appropriate preservative gradually to the aliquot of urine until the proper pH is obtained. Use pH paper to determine the pH level.
2. Record urine total volume for all specimens.
3. The total volume must be recorded on the referral request form for specimens sent to a reference laboratory.