

## 24 Hour Urine Collection Instruction

During the collection time do not drink any alcoholic beverages.

Collection Instruction:

1. Empty your first urine of the morning into the toilet.  
This is your "Start Time". (Write this time and date below)

Start Time: \_\_\_\_\_ [  AM  PM ] Date: \_\_\_\_\_

2. Collect all urine during the next 24 hours into the container. At the end of the 24 hours, collect one last urine sample. (This becomes your "End Time")
3. Write down the "End Time" and date below after your last collection.

End Time: \_\_\_\_\_ [  AM  PM ] Date: \_\_\_\_\_

4. Blood Collection.

You will NEED to have you blood collected upon return of the 24hr sample.  
Please check-in at the front desk and wait for the Laboratory staff to call you.

You will not need blood collection upon return. You may leave the sample with the front desk staff.

5. Keep the urine specimen refrigerated or on ice during collection. Bring this completed instruction form and the urine container to CUHCC as soon as possible after collection. Laboratory hours are between 0830AM and 445PM Monday thru Friday. (Excluding Holidays)
6. If blood collection is required, a return Laboratory Only appointment will need to be scheduled upon return.