

STAMP PATIENT CARD HERE

24 HOUR URINE COLLECTION

Your Doctor has requested that you submit a 24 hour urine specimen for special testing. In order to ensure proper collection, please read the following instructions.

During the 24 hour period while collecting the urine, drink lots of liquids e.g. (water, juices, carbonated drinks), drink very little coffee and tea. DO NOT drink alcoholic beverages (including beer).

1. When you wake up in the morning, be sure to void the first morning urine in the toilet this would be your starting time _____ A.M. on Date _____
2. You will continue to collect urine for a period of 24 hours starting with the second urine. Meaning that as many times as you urinate during the 24 hours, collect urine in the container provided by your Laboratory.
3. You will end collection of urine at _____ A.M. on Date _____
4. Maintain container refrigerated or stored on ice, during the 24 hour period.
5. Bring specimen to the Laboratory as soon as the last specimen has been collected. On some occasions depending on the test requested by your Doctor a blood specimen may be required.

**DO NOT EXERCISE DURING THE 24 HOUR PERIOD.
DRINK APPROXIMATELY 8 GLASSES OF WATER DURING THE DAY**