

## **INSTRUCTIONS FOR 24-HOUR URINE COLLECTION**

1. **FIRST DAY**: 0700 hours (Time is flexible as long as the start and stop times are 24 hours apart)
  - A. Void and empty bladder. Discard this specimen.
  - B. Collect all urine voided for the next 24-hour period, using the container provided by the laboratory. The urine must be kept refrigerated by either placing the container in the refrigerator or by keeping the urine container on ice. (It may be easier to collect the specimen during a day that you are not working.) You **must** collect **all** the urine voided in a 24-hour period or the test **will not** be accurate or valid.
2. **SECOND DAY**: 0700 hours (exactly 24 hours after beginning collection)
  - A. Void and empty bladder. This urine will also be placed in the container.
  - B. The specimen should reach the laboratory on the next regular duty day after completing the collection. Maintain the specimen under refrigeration until you transport it to the laboratory.
  - C. In summary, you begin and end the test with an empty bladder over exactly 24 hours.
3. Specimens may be dropped off Monday through Friday 0730 – 1630.
4. If you have any questions, please contact the laboratory at 630-4408.