

Graham Health System Laboratory
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Phone: 309-647-5240 or 309-647-0201

24-HOUR URINE COLLECTION
Patient Collection Handout

1. The complete and accurate collection of urine for 24 hours is of the utmost importance to obtain reliable results. If even part of a specimen is spilled or a specimen is not collected, discard the entire collection and start over. Do not exceed your normal intake of liquids during the day before and the day of the collection.
2. Void and discard first specimen at start of collection, then collect all the rest of the urine for the 24 hour period. (For example, if starting the collection at 7:00am, void and then discard this first specimen. Collect all the urine from then on up to and including the specimen at 7:00 am the following morning.)
3. You may use cups or "hat" provided to collect each specimen and the transfer each specimen to the large 24 hour urine container.
4. Keep the container in a cool spot – in refrigerator or dishpan on ice.
5. Take 24-hour urine container to laboratory as soon as possible after collection is completed.