

12-Hour Urine Collection

Step-by-step instructions

Your doctor has asked you to do a 12-hour urine collection. This handout explains how to collect your urine and how to store it until you bring it to your next clinic visit.

How to Collect Your Urine

The next time you go to the bathroom:

- Urinate (pee) as usual into the toilet.
- Write down the exact time you do this. This is the start time of your 12-hour urine collection.

Every time you urinate after that:

- Collect your urine in the toilet "hat" that we gave you.
- Pour this urine into the brown container.
- Make sure your used toilet paper goes into the toilet behind the hat, and not into the sample.
- Store the brown container in your refrigerator.

Exactly 12 hours after your first urine collection:

- Urinate 1 more time. Collect this urine in the "hat."
- Pour this urine into the brown container.
- Store this container in the refrigerator.
- Bring the container with you to your next clinic visit.



Write down the exact time when you next urinate. After that, you will collect all of your urine over the next 12 hours.

QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

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