



# 24-Hour Urine Collection

*For osteoporosis and bone diseases*

**Osteoporosis may be caused by urine calcium that is either too high or too low, without any other signs or symptoms.**

**To test for this, we need a urine collection over 24 hours since the concentrations of calcium in the urine go up and down throughout the day and night.**

**If measurements were taken only at one time, it would not give an accurate result. This test is important and painless, but it is a bit inconvenient.**

## **Equipment**

You will be supplied with:

- A jug.
- A urinal (for men) or a “hat” that fits inside the toilet seat (for women).

## **Directions**

- Urinate into the urinal or hat and then pour the urine into the jug.
- On the first day, go to the bathroom as usual in the morning, and note the time. **DO NOT** collect this urine.
- From then on, save all of your urine throughout the day.
- If you wake up at night and have to urinate, save that urine, too.
- The next morning, you should urinate at about the same time (within an hour) as the previous morning. This time, collect the urine and then pour it into the jug.
- The urine should be kept in a cool place, but it does not need to be in your refrigerator. It is OK to keep the jug in your bathroom.
- When you have finished the 24-hour collection, bring the jug to the lab at the Roosevelt Clinic, or to the main UWMC hospital lab.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Bone and Joint Center:  
206-598-4288

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## Other Instructions

Eat and drink as you usually do. We need to know how your kidneys are working on an ordinary day. Take all your medicines and vitamins as usual.

For this test, you do not need to record every time you go to the bathroom. Just note the start and stop time of the test for the lab.

You do not need to put any preservative into the jug.

If you forget a void, or the urine gets spilled or contaminated:

1. Pour out the jug.
2. Rinse the jug with tap water.
3. Start the test over again.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Bone and Joint Center**

Box 358126  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4288