



Creatinine Clearance and Protein Test

24-hour urine collection

This handout explains how to prepare for and the steps to follow for a 24-hour urine collection done for a creatinine clearance and protein test.

You will be doing 2 creatinine clearance tests a minimum of 7 or more days apart, using 2 separate containers.

Do not start the test unless you will be able to collect all your urine during the 24-hour period. If any of your urine is not collected, the test will not be accurate.

As part of your medical evaluation, you will be doing two 24-hour urine collections at home. This test, called a creatinine clearance and protein test, shows how well your kidneys are working. The test analyzes the urine your body makes in a specific 24-hour period.

How to Prepare for the Test

- Drink plenty of fluids. Try to drink as least 2 quarts of fluid before and during the test. Avoid coffee, cola, and chocolate the day before and during the test.
- Do not do any heavy exercise 1 week before the test (such as jogging, weight training, or aerobics).
- Call your primary care doctor or local lab to arrange pick up of collection container or to verify that a clean, dry 1-gallon plastic container may be used. Do not use any container that has held a caustic solution such as bleach or vinegar.
- Mark the outside of the container with your name and date of birth. Then put the date and time that you start and stop your urine collection on the outside of the container.
- If you plan to bring your creatinine clearance tests to the medical center, call the Living Donor Program at 206-598-3627 or toll-free at 800-669-8962. This must be done **before** bringing your specimen to the lab.

Questions?

Call 206-598-8881

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 at any time.

Kidney Care Line:
206-598-8881

Steps for Doing the Test

1. The test starts with an empty bladder. On the morning you start your collection, empty your bladder in the toilet. It is important to discard this first sample because your body has been making this urine over an unknown period of time. After you empty your bladder in the morning, label your container with your name, birthdate, and date and time you emptied your bladder in the toilet. You are ready to start collecting **all** your urine in the container for the next 24 hours.
2. **Collect all your urine for the next 24 hours. The collection needs to be kept refrigerated.** If you are currently taking a water pill or diuretic, continue to take it as directed. Don't worry about having too much or too little urine for this test. Keep in mind that if you make a mistake and forget to collect all of your urine, the test is invalid.
3. At the end of the 24 hours, empty your bladder, even if you don't feel the need to urinate. Add this to the container. Record that date and time on the outside of the container. Put the container back into the refrigerator.
4. **Get the container to the clinic or lab within 6 hours.** At the lab, they will draw a blood sample and ask you your height, weight, and specific collection time. If you decide to come to University of Washington Medical Center, the lab is located on the third floor, near the outpatient pharmacy. After hours and on weekends, you will take the sample to Evening Blood Draw on the second floor of the medical center, near the Pacific elevators.

After you have completed both urine collections or if you have any questions, please call the Living Donor Program at 206-598-3627 or 800-669-8962.

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