

## **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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