

## 24-Hour Urine Collection

### *Directions to follow*

*This handout gives important directions to follow when doing a 24-hour urine collection.*

We have asked you to collect your urine for 24 hours. Please closely follow these directions, so your test will show correct results.

### Tips for Careful Collection

- Begin and end your urine collection at the same time of day, 24 hours apart. For example, if you start collecting your urine at 7 a.m. on day 1, end your collection at 7 a.m. on day 2.
- **After you empty your bladder (urinate) for the first time**, collect all of the urine your body makes over the next 24 hours.
- Do **not** drink more than your usual amount of fluids. Fluids include coffee, tea, cocoa, milk, juices, or soda.
- For 24 hours before and during your urine collection:
  - Do **not** drink alcohol.
  - Do **not** take any vitamins.

### Supplies You Need

- Brown jug, labeled with your name and hospital number
- Urinal for males, “hat” for females

### How to Collect Your Urine

- Choose a time to start. Empty your bladder at that time and do **not** save the urine. Note the date and time, including a.m. or p.m. The lab will ask you for this when you return the filled jug.
- For the next 24 hours, save your urine every time you urinate by putting it in the brown jug.



*Ask your care provider if you have any questions about how to do your 24-hour urine collection.*

- Keep the jug in the refrigerator unless we tell you otherwise.
- If your care provider has told you to use a preservative:
  - Be very careful when you pour your urine into the jug. Do not touch or breathe in the preservative because it is an acid.
  - Keep the jug out of the reach of children.
  - Ask your care provider if you have any concerns or questions.
- If you forget to save your urine any time during the 24-hour period:
  - Throw out all the urine.
  - Get a new brown jug and start over.

## How to Finish Your Collection

When it has been 24 hours since you started your urine collection, empty your bladder 1 more time and put this urine in the jug. Even if you do not feel the need to go, empty what you can.

## Returning the Jug

- Return the filled jug **within 24 hours** after your last collection.
- Get a **blood draw** at this time, if your provider has asked for it.

Please take your brown jug to one of these labs:

### UWMC-Roosevelt Lab Services

Lab Services, 1st floor, room E160. Open weekdays from 8 a.m. to 5:30 p.m., except holidays. You may also have your blood drawn at this lab, if needed.

### UWMC Lab Services (Main Hospital)

Lab Services, 3rd floor, room EE311. Open weekdays from 7:30 a.m. to 6 p.m., except holidays. You may also have your blood drawn at this lab, if needed.

### Harborview Medical Center Lab Services

- Main floor, room GWH-39. Open weekdays 8 a.m. to 5 p.m.
- Main floor, room GWH-47. Open weekdays 5 p.m. to 8 a.m. and weekends 24 hours a day.

### UW Neighborhood Shoreline Clinic

1355 N 205th St., Shoreline WA 98133

## Questions?

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

### UWMC Clinics:

- Surgical Specialties Center: 206.598.4477
- Medical Specialties Center: 206.598.4615
- General Internal Medicine: 206.598.8750