

24 Hour Urine Collection - Page 1 of 2

Your doctor has asked you to obtain urine and possibly blood tests that will help him determine the cause of your urinary stone. You may need to set aside a block of time (24 to 72 hours) to complete the tests, depending on the number of tests ordered. Your insurance will determine the lab used and the number of days the tests will take.

Urine Collection:

You will receive the necessary paperwork and instructions about where to pick up the containers for your tests. Obtain another clean glass or plastic container from home to collect the urine. You may use this container many times, but be sure to wash and dry it between each use.

Depending on the number of containers you receive, follow the next steps, using the preserved container(s) first and the unpreserved container last.

Day 1: Preserved Container

1. Discard the first urination of the morning down the toilet (example: 7:00 a.m.)
2. Starting with the second urination of the day, collect urine into the small clean container and pour the urine into the larger container carefully. Preservatives are acids, and pouring the urine slowly prevents splashing. Close and place the large container into the refrigerator, or you may keep your specimen(s) on ice, changing ice frequently. Wash and dry the small collection container, getting it ready for the next use.
3. Then, each time you urinate, you will do the same as Step 2. You will also collect urine through the night and place the **first** urination of the next day (example: about 7:00 a.m.) into the preserved container.
4. Put the first 24 hour collection of urine into the refrigerator once more to keep it cold until you take **all** specimens to the lab. You are now done Day 1.

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Day 2: Preserved or Unpreserved Container

Depending on the number of tests your doctor ordered, you may need to use a second preserved container. If so, proceed to the next large container with the preservative added. (If not, use the unpreserved container and Day 2 instructions). Starting with the **second** urination of Day 2, you will follow the same instructions as Day 1, Steps 2, 3 and 4. Day 2 ends after the first urination of Day 3.

Day 3: Unpreserved Container (Last Day)

Starting with the **second** urination of Day 3, continue to collect urine according to Day 1 using Steps 2, 3 and 4. Day 3 ends after the first urination of Day 4.

Once you have collected all of the urine that your doctor wants tested, all large containers should be taken to the lab facility where you obtained the containers as quickly as you can the morning that you complete the collection.

What to do if blood tests are part of your workup:

- The number of tests and containers determines when you go for blood tests.
- 2 containers: fast after 9PM on Day 2 and the blood will be drawn Day 3 AM.
- 3 containers: fast after 9PM on Day 3 and the blood will be drawn Day 4 AM.

Take all urine containers to the place you obtained them and then have your blood tests drawn. You may now eat breakfast.

Test Results:

These tests take several days to a week to arrive at the doctor's office. He will call you with the results. If you do not hear from him by two weeks after you have completed the tests, feel free to contact him at (215) 257-1050.