

Urine Collection, 24-Hour

Your physician has ordered a test that requires the collection of a 24-hour urine specimen. To ensure accurate test results, please read these instructions completely prior to starting your collection.

Follow these instructions carefully:

1. Decide upon a time in which the collection will be made, for example, 8 a.m. of day 1 to 8 a.m. of day 2.
2. At the hour you choose to start the collection period, urinate into a toilet and flush as usual.
3. Record the starting time and date in the space provided on the label of the collection container.
4. For the next 24 hours, collect **all** your urine in the container. Keep the urine cool during the entire collection. A small cooler containing ice works well. If needed, the laboratory can provide you with a bucket.
5. At the end of the 24-hour collection period, urinate and include this urine in the container.
6. Record the ending time and date in the space provided on the label.
7. Label container with patient's legal name (first and last) and date of birth.
8. Promptly bring the container back to the laboratory.

If multiple tests were ordered, the laboratory may provide a special container that has a urine-splitting device attached. Additional instructions will be provided. Please read these instructions prior to starting urine collection.

Some tests require the addition of preservative, which will be indicated by a red and white CAUTION label on the container. Please be very careful when adding urine to the container. Keep lid tightly closed when not adding urine.

Urine Collection, Random

Have the patient void into a clean container with a secure lid. If the specimen is being collected for culture, a sterile container must be used. Optimal specimens are either clean-catch, midstream, or catheterized. Instruct patient as follows:

Clean-Catch, Midstream Specimen:

Males

1. Clean glans with soap and water or benzalkonium chloride towelettes.
2. Rinse area with water or wet gauze pads.
3. While holding foreskin retracted, begin voiding.
4. After several mL have passed, collect specimen without stopping flow of urine into a screw-capped, sterile container.
Note: One quarter cup is an adequate specimen.
5. Tighten cap on container securely. If using the VACUTAINER® Urine Collection system, fill the grey-top tube (minimum volume: 1 mL) with urine.
6. Label container with patient's legal name (first and last), date of birth, date and time of collection, and initials of person collecting specimen.

Females

1. Thoroughly clean urethral area with soap and water or benzalkonium chloride towelettes.
2. Rinse area with water or wet gauze pads.
3. While holding labia apart, begin voiding.
4. After several mL have passed, collect specimen without stopping flow of urine into a screw-capped, sterile container.
Note: One quarter cup is an adequate specimen.
5. Tighten cap on container securely. If using the VACUTAINER® Urine Collection system, fill the grey-top tube (minimum volume: 1 mL) with urine.
6. Label container with patient's legal name (first and last), date of birth, date and time of collection, and initials of person collecting specimen.

Infants or Small Children:

1. After cleaning appropriately, as above, place a sterile urine bag (U-Bag®, Pedi-Bag) over labia or penis.
2. After 30 minutes, observe for presence of urine. If no urine is present, recleanse patient and attach a new bag.
3. When collection is complete, remove bag carefully (so as to avoid spilling urine) and place upright in a screw-capped, sterile container.
4. Label container with patient's legal name (first and last), date of birth, date and time of collection, and initials of person collecting specimen.
5. If impossible to obtain urine or if culture results yield a mixture of organisms, a suprapubic aspiration is recommended.

Suprapubic Aspiration:

1. Expose area above pubis.
2. Scrub area with povidone-iodine surgical scrub. Cover area with povidone-iodine solution. Allow to dry.
3. Using a sterile needle and syringe, aspirate 2 mL (minimum volume: 0.5 mL) of urine from bladder.
4. Transfer specimen to a screw-capped, sterile container.
5. Label container with patient's legal name (first and last), date of birth, date and time of collection, and initials of person collecting specimen.