

## 24-Hour Urine Collection Directions

This procedure measures the calcium, creatinine and sodium in the urine. The results assist us in making recommendations regarding calcium supplements.

An approved container for the laboratory is required. Laboratories are no longer allowed to accept containers such as jars or plastic milk jugs. You will need to obtain your collection container from the lab that your insurance requires, LabOne (1-800-646-7788) or LabCorp (1-816-483-1177).

1. Label the container with your name.
2. At the time you begin your collection, **empty** your bladder. Then, mark the time that you emptied your bladder. This is the start time.
3. Save all urine passed for the next 24 hours in the approved container. (Women will need to use a small container to transfer the urine to the larger collection container)
4. We do not need a *sample* of the urine, but rather the entire 24-hour collection. If the lab does not receive the *entire* collection, the results will be inaccurate. Remember to collect any urine passed during the night.
5. Keep the bottle in the refrigerator or in a container surrounded by ice.
6. The morning of your appointment, **collect your last urine sample and add it to the collection** bottle. Remember to note the time of the last urine collection.

This collection should not be collected during the time you are experiencing any vaginal bleeding.

### EXAMPLE

Saturday - 6:00 A.M. \_\_\_\_\_ Empty your bladder, discard urine and mark the gallon bottle "6:00 AM".

Now begin collecting all urine until the next morning.

Sunday - 6:00 A.M. \_\_\_\_\_ Add this last 6:00 AM specimen to your collection