



1001 Bellefontaine Ave. Lima, Ohio 45804
419-226-5058 or 1-800-227-3564

24-Hour Urine Specimen

PATIENT INSTRUCTIONS for COLLECTION

CAUTION: For accurate test results, read Patient Instructions completely before performing this test.

Things to avoid for at least 24 hours prior to the start of collection and during collection

- Alcoholic beverages
- Vitamins
- Medications (if possible)

Test Precautions:

- For accurate results, please do not exceed your normal intake of liquids during the day before and the day of collection unless your physician gives you specific directions to do otherwise.

Specimen Collection:

1. Label the specimen container with your name and date of birth.
2. If a laboratory associate has given you the specimen container, it may have a liquid or preservative in it. Please do not dispose of the liquid and be sure to keep the container out of the reach of children.
3. The 24-hour collection period begins after you get up in the morning and empty your bladder. Do not collect this first-morning urine. Do record the time and date of this voiding on the specimen container label.
4. From then on, collect all urine (day and night) for the next 24 hours. Your final collection will be when you empty your bladder the next morning, which should be approximately 24-hours from the time and date marked on your specimen.
5. Keep specimen in a cool place- refrigerate if possible.
6. Bring specimen to any Lima Memorial Health System Laboratory site for testing within 24 hours.