

24 HOUR URINE (WITH OR WITHOUT PRESERVATIVE)

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Required Specimen Type	Urine Sample
Medical Supplies	24 hour urine container (with or without preservative)
General Guidelines	<ol style="list-style-type: none"> 1) All specimens must include a double identification (first and last name of the patient and date of birth or Medicare number). 2) The use of gloves is required when handling all biological specimens. 3) A valid requisition must include the following information: <ul style="list-style-type: none"> • First and last name of the patient, date of birth or Medicare number and gender. • Date and time of specimen collection and signature of collector. • Physician’s full name, signature and license number (or other qualified prescriber). • Any relevant clinical information. • Requested tests.
Patient Preparation	<ol style="list-style-type: none"> 1) Consult with your clinician or the laboratory before beginning the specimen collection as dietary restrictions may exist, depending on the prescribed test. 2) During the 24-hour collection period consume your normal amount of liquids. 3) The urine container should be kept refrigerated throughout the collection period, until the sample is returned to the laboratory. Exception: uric acid must be stored at room temperature.
Specimen Collection Instructions	<p>24 HOUR URINE WITHOUT PRESERVATIVE</p> <ol style="list-style-type: none"> 1) Obtain the 24-hour urine container from the doctor’s office or from the laboratory. 2) Day 1: <ul style="list-style-type: none"> • First thing in the morning, completely empty bladder and discard this first urine sample. • This first voiding is the start time of the 24-hour urine collection. • Collect all urine from this time onwards for 24 hours. • The “exact start” time and date must be indicated on the container and requisition, if it was provided by the doctor (for example 07:10 , 2018-APR-29). • Gently swirl the container after each urine specimen is added. 3) Day 2: <ul style="list-style-type: none"> • Collect the last urine sample exactly 24 hours later (example at 07:10, 2018-APR-30). • The ‘exact’ end time must be indicated on the container and requisition (if provided). • Close the container tightly. 4) The sample should be returned to the laboratory as soon as possible. <p>24 HOUR URINE WITH PRESERVATIVE</p> <ol style="list-style-type: none"> 1) Obtain two 24-hour urine containers from the doctor or from the laboratory. The one without the preservative will be used to collect the urine. Do not collect the urine directly in the container with the preservative. 2) Day 1: <ul style="list-style-type: none"> • First thing in the morning, completely empty the bladder and discard this first urine sample. This first voiding is the start time of the 24-hour urine collection. • Collect all urine from this time onwards for 24 hours. • The ‘exact start’ time and date must be indicated on the container and requisition, if it was provided by the doctor (for example 07:10 , 2018-APR-29). • After each collection, pour the urine into the container with preservative. • Gently swirl contents of the container after each urine specimen is added. 3) Day 2: <ul style="list-style-type: none"> • Collect the last urine sample exactly 24 hours later (example at 07:10, 2018-APR-30). • Pour the urine in the 24h container with preservative and gently shake the container. • The ‘exact’ end time must be indicated on the container and requisition (if provided). • Close the container tightly. 4) The sample should be returned to the laboratory as soon as possible.
Additional Information	The total volume of urine collected must also be indicated on the requisition by either the patient doctor or laboratory.
Specimen Conservation and Stability	See the “Individual Tests” section: Stability may vary depending on the requested test.