

Instructions for Collecting a 24-hour Urine Specimen


(This completed sheet ***MUST*** be returned with specimen container.)

Your doctor has ordered a test for you that requires a 24-hour urine specimen. Please follow the directions below to get a good specimen.

1. We have given you both a large and a small container for use in your collection process. Please use the containers we provide.
2. When you awaken in the morning, empty your bladder. You do NOT keep this specimen. Write this time as your start time.
3. For the next 24 hours, every time you urinate (empty your bladder), catch your urine in the little container provided and then pour it into the large container.
4. An accurate test result depends on a total 24-hour collection of all urine passed during the period.
5. Please keep the specimen on ice or in the refrigerator during the collection process and until delivered to the laboratory.
6. Bring the specimen to one of the following locations as soon as possible after you finish collecting it:
 - Outpatient Diagnostic Center: Monday-Friday, 6:30 a.m.-6 p.m.
 - Admit Express at North Oaks Medical Center: Saturday 6 a.m.-12 noon
 - North Oaks Livingston Parish Medical Complex: Monday-Friday 7 a.m.-5 p.m.
7. Creatinine Clearance testing also requires a blood specimen. Your blood specimen will be drawn at the time you return specimen container.

If you have any questions during your collection process, please feel free to call us at **(985) 230-6768**.

Name:	Collection Start Date: / /
Height (inches):	Weight: Kg. Lbs.
Time Test Began:	Time Test Ended:



NORTH OAKS
DEPARTMENT OF LABORATORIES
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