



Wake Forest University Baptist
MEDICAL CENTER[®]
Urology

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COLLECTION of 24-Hour Urine Specimen for Mail –In

READ THE FOLLOWING INSTRUCTIONS CAREFULLY BEFORE YOU START YOUR COLLECTION. IT IS VERY IMPORTANT TO YOUR TEST RESULTS THAT YOUR COLLECTION TIME IS EXACTLY 24 HOURS.

On the morning you start your collection, your first urine of the day when arising before breakfast, **should not be collected**; just record time below the time that you passed that first urine. This time sets your clock for the beginning of the first day's collection and also the time you should void to complete each 24 - hour collection. Be sure to collect urine voided with bowel movements. One container is provided for each 24 - hour collection period. Do not discard the white tablets in the container. The tablets are preservatives.

DAY 1

A. TIME OF EARLY MORNING VOID (the urine you did not save): _____ A.M.

If you woke and voided at 6 A.M. on the second day and your time in item A above was 7 A.M., you must void again at 7 A.M. and add both of these urine samples to the first day's urine already collected to complete the first 24 - hour collection. Record that time below.

B. THE TIME COMPLETED DAY 1 _____ A.M.

The second day will start with the time you recorded in item B. All urines collected during the second day will be put in the second container and your collection will be completed by emptying your bladder 24 hours later and adding the urine to the second container. Record the time below.

C. THE TIME COMPLETED DAY 2 _____ A.M.

THE ONLY URINE TO BE DISCARDED THROUGHOUT THE 2 DAYS IS THE EARLY MORNING URINE OF THE FIRST DAY; ALL THE REST SHOULD BE SAVED INCLUDING THE URINE PRODUCED AT THE TIME OF BOWEL MOVEMENTS.

KEEP URINE COLLECTION IN REFRIGERATOR OR IN COOLER WITH ICE.

INSTRUCTIONS FOR MAILING THE 24-HOUR URINE SPECIMENS

1. Record the **DATE, TIME, and TOTAL VOLUME** on the green lab slip that was given to you. You should have a green slip for each day.
2. To measure the **TOTAL VOLUME** you will be given a plastic beaker. You will void into this beaker each time and measure the ounces each time for **DAY 1** and record on a piece of paper. After you measure the urine, you will pour the urine into the brown container. At the end of **DAY 1** collection, add all of the ounces. The total ounces is the **TOTAL VOLUME** for Day 1. Record the **TOTAL** on **DAY 1** on the **GREEN SLIP**.
3. Mix **DAY 1** brown container and pour a sample of the urine into the **PLASTIC TEST TUBE**. Place test tube into the **METAL TUBE** and wrap the green slip around the **METAL TUBE** and place into the **CARDBOARD MAILER**.
4. Do the same for **DAY 2**.

WE WILL NOT BE ABLE TO PERFORM THE LABORATORY TESTS IF WE DO NOT HAVE THE TOTAL VOLUME FOR EACH DAY.

