



Wake Forest University Baptist  
**MEDICAL CENTER**®

*Urology*

(336) 716-4131

### **PATIENT 24-HOUR URINE COLLECTION**

**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.**

NAME: \_\_\_\_\_ DATE URINE COLLECTION STARTED \_\_\_\_\_

On the morning you start your collection, your first urine of the day when arising before breakfast, **should not be collected**; just record below the time that you passed the first urine. This time is the start of your 24 - hour collection. Do not discard the white tablets in the container. The tablets are preservatives.

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

Put your next specimen of urine into the brown urine container and all other specimens of urine passed during the day and night. Be sure to collect urine voided with bowel movements. Your last urine collection will be on the morning of the next day. The last urine should be collected at the same time as yesterday morning when you started your 24 - hour collection. Unlike yesterday's early morning urine, this specimen should be saved. This completes your 24 - hour collection.

**TIME OF 24 - HOUR COMPLETED** \_\_\_\_\_ **A.M.**

KEEP URINE COLLECTION IN REFRIGERATOR OR IN COOLER WITH ICE.

**PLEASE CALL 336-716-4131 THE DAY BEFORE BRINGING THE URINE TO THE UROLOGY CLINIC. BE SURE TO CALL FRIDAY IF YOU PLAN TO BRING ON MONDAY.**

**On the day you bring your urine the NURSE will let you know if you need to have BLOOD drawn.**

**You must bring this instruction sheet when you bring your urine.**

THANK YOU FOR YOUR HELP WITH THESE INCONVENIENT PROCEDURE!