

Urine Collection

Patient Instructions for 24-Hour Urine Collection

Please read these instructions before beginning specimen collection. Collection should start after **first-morning** void and continue until the 24 hours have been completed. Include last specimen of the 24 hours for an accurate total volume.

1. Specimen should be refrigerated during collection and taken to the laboratory within 24 hours after completion.
2. Bladder should be emptied at the time that collection is scheduled to begin. **This urine is to be discarded.**
3. For the next 24 hours, all urine should be collected into a separate container at each voiding and then carefully emptied into a larger container. This 2-step procedure prevents the danger of the patient splashing himself with a preservative (such as acid) while voiding.
4. The large container should be kept cool during entire collection.
5. Collect urine voided during the night, and also collect the **first-morning** void 24 hours after test is started.

Example:

- a. Day 1 @ 7 a.m.: Patient voids and discards specimen. Patient collects all urine for the next 24 hours.
 - b. Day 2 @ 7 a.m.: Patient voids and adds this urine to the previously collected urine.
6. Label container with patient's name (first and last), medical record number, and date and time of collection. Place container in the Laboratory Pick-Up Box.

Creatinine Clearance Instructions

1. Follow steps 1 through 6 above.
2. Serum creatinine blood must be drawn during the 24-hour period of urine collection.
3. No preservatives in 24-hour container.
4. Keep specimen refrigerated during collection, and send specimen refrigerated.

Clean-Catch, Midstream Urine Specimen

Collect a **clean-catch**, midstream urine specimen as follows:

1. Males
 - a. Prepare Towelettes® by opening packages (do not remove Towelettes® until ready to use), and place them on sink. Take top off urine container, and set it on edge of sink. Set Towelettes® and container so that they can be reached while urinating.
 - b. Holding back foreskin with 1 hand, if necessary, use first Towelette® to wash end of penis. Discard first Towelette® in wastebasket.
 - c. Continue holding back foreskin and gently rinse end of penis using second and third Towelettes®, discarding them in wastebasket when done.
 - d. Continue holding back foreskin and begin to urinate into toilet.
2. Females
 - a. Prepare Towelettes® by opening packages (do not remove Towelette® until ready to use), and place them on sink. Take top off plastic urine container, and set it on edge of sink. Set Towelettes® and container so that they can be reached while urinating.
 - b. Pull panties below knees so they will not interfere with urine collection. With 2 fingers of 1 hand, hold outer folds of vagina apart. With other hand, gently wash vaginal area from front to back, using first Towelette®. After this step, throw away first Towelette® in wastebasket.
 - c. Still holding outer vaginal skin away from opening through which urination takes place, rinse area from front to back using Towelette® #2, discard, and repeat with Towelette® #3.
 - d. Continue holding outer vaginal folds apart and begin to urinate into toilet. Lean slightly forward so urine flows directly down without running along skin.

After first few teaspoons, place tightly-sealing container under stream of urine and collect rest of urine into container. Even 1/4 cup is an adequate specimen for test.