

## **INSTRUCTIONS FOR 24 HOUR URINE COLLECTION**

1. When you awaken in the morning, discard the first morning urine.
2. Collect all the urine for the next 24 hours in the container.
3. The following morning, collect the first morning urine in the container.
4. Keep the specimen refrigerated or on ice until brought to the lab.

**Please Note:** Some 24 hour urine tests require that blood be drawn when the specimen is delivered, so it may be necessary for the patient to bring the specimen to the lab in person.