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INSTRUCTIONS FOR 24 HOUR URINE COLLECTION

1. When you awaken in the morning, discard the first morning urine into the toilet.
2. Time/Collection begin as soon as you discard the first morning urine.
3. Continue to collect all future urine into the 24 hour container.
4. The following morning, collect the first morning urine in the 24 hour container.
5. Keep the specimen refrigerated or on ice until brought to the lab.

Please Note: Some 24 hour urine test 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.