

Care Gram

24-hour Urine Collection

Fill in the following information:

Patient's name _____ Date of birth _____

Collection start date _____ Time _____ a.m./p.m.

Collection end date _____ Time _____ a.m./p.m.

Preservative: Yes No Type _____ Amount _____

Refrigerate or store on ice during collection: Yes _____ No _____

Preparation

Pick up the collection container from the Laboratory Department on the Licking Memorial Hospital First Floor. You will receive:

- A urine pan to place in your toilet to collect the urine.
- A large 24 hour collection container for the entire urine collection. The staff may add a preservative based on the type of test that is ordered.

There is no other preparation unless you are having one of the following specific tests done:

- Arsenic
- Catecholamines
- Fractionated 24-Hour or Random
- Homovanillic Acid
- Hydroxyindoleacetic Acid
- 5 (5HIAA)
- Metanephrines, Fractionated
- Vanillylmandelic Acid (VMA)

If you are having one of these specific tests done, please review the Care Gram, "24-Hour Urine and Food/Drug Restrictions."

Collecting the Specimen

Caution: Direct contact with preservative on skin may cause burning and irritation. Do not urinate directly into the large 24-hour collection container. Pour the urine from the urine pan into the large 24-hour collection container without splashing it on your skin.

1. Starting at 7:00 a.m., or at the selected time, empty your bladder. Do not save this first urine sample, but write down the date and time of the sample.
2. After the first urination, for the next 24 hours, collect every urine sample in the urine pan. Pour each sample into the 24-hour collection container.



**Licking Memorial
Health Systems**

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3. Starting at 7:00 a.m. the next morning or selected morning time, collect a urine sample. Add this to the 24-hour collection.
4. Bring the large 24-hour collection container to the Laboratory **within 12 hours of collection completion**. Bring this paper with you also. The staff will check the information, and then accept the urine collection from you.
5. Some tests require a blood draw along with the 24-hour collection. This will take place when you drop off the 24-hour collection.

Finding Out the Results

The results will be ready in 1 to 5 days. Check with the doctor who ordered the test for the results.

If you have any questions about your test, please call your doctor or call the LMH Laboratory at (220) 564-4155.