

Urine Testing, Timed, 24-Hour Collection

1. Refer to instructions for diet restrictions if collecting a VMA test.
2. Certain tests require special preservatives. Containers with the appropriate preservative are available upon request from the laboratory.
3. **Indicate date and time collection was started and completed.** (Required)
4. **For creatinine clearance, indicate patient's height and weight for calculation.** (Required)
5. For proper evaluation of tests on a 24-hour urine sample, it is important that a complete and accurate collection is made. The patient should be instructed to collect urine as follows.
 - a. Patient should drink normal amount of liquids during the collection period, unless otherwise instructed.
 - b. Empty bladder when you get up in the morning. **Discard this urine**, and note the date and time.
 - c. From then on, collect in a clean bottle, all urine you pass during the day and night. (Be sure if having a bowel movement not to allow any urine to be discarded. Void before bowel movement and save the urine.)
 - d. Make the final collection when you empty your bladder the next morning at the same hour.
 - e. Keep the collected urine refrigerated, if possible, and bring it to the office or laboratory as soon as possible after the 24-hour collection is complete.
6. When a 24-hour collection on a test performed at CHOMP Laboratory is requested, a creatinine determination will be performed at no charge to ensure that a valid specimen has been obtained.