

24 Hour Urine Collection

Materials you will need.

- ▶ A clean plastic container with a screw on lid.
- ▶ Paper towel.
- ▶ A pitcher or can, (wash it out thoroughly and dry it before you use it)
- ▶ Ice chest or refrigerator.

INSTRUCTION FOR URINE COLLECTION

STEP 1

- ▶ When you first get up in the morning, empty your bladder into the commode(just as you normally do). Check what time it is.

STEP 2

- ▶ The next time you need to urinate, pass it either directly into the plastic container or into the pitcher or can. If you use the pitcher or can, go to Step 3. If you use the plastic container go to Step 4.

STEP 3

- ▶ Carefully pour the urine from the pitcher or can into the container. Wipe the pitcher or can with paper towel.

STEP 4

- ▶ Screw the lid onto the plastic container tightly and put the container into the refrigerator or ice chest.

STEP 5

- ▶ Repeat steps 2-4 every time you urinate. On the following morning, get up at the same time (exactly 24 hours after beginning the urine collection). Pass urine and save it for the last time. Put the lid on tightly and return the container to the refrigerator or ice chest until it is time to bring it to the lab or physician office.

Urine must be kept cold at all times.

COMPLETE SPECIAL DIET-To limit calcium, sodium, and oxalate.

This diet limits calcium and sodium. Certain foods that have large amounts of oxalate are also limited.

Franklin M. Chu, M.D., F.A.C.S.
Daniel J. Lama, M.D.

Diplomats American
Board of Urology

Phone (909) 882-2973 • Fax (909) 882-2681
489 E 21st Street • San Bernardino, CA 92404