



WakeMed
Department of Pathology

Patient instructions for collecting a 24 Hour Urine Specimen

Bring this paper back with your urine jug after collection is completed.

On the day you choose to start your collection, discard your first morning urine specimen. Do not add this specimen to your jug. In the space below, write down that date and time that you voided your bladder

Date _____ Time _____

From this point on, collect every urine specimen in a clean, plastic container or a HAT device that may be provided by the laboratory. Empty all the urine collected into your collection jug. Do not void directly into the jug as it could contain acids as a preservative. Your container should be marked if it contains an acid.

Keep your jug refrigerated or on ice. Do not freeze.

The final collection should be the next morning at about the same time as the first urination on the previous day. Pour this specimen into the jug and note the date and time below.

Date _____ Time _____

To be completed by the laboratory or ordering provider:

Patient Name _____

Date of Birth _____

Tests Requested _____

Patient Height _____ (feet and inches)

Patient Weight _____ (please note kg or lbs)