



ST. JOSEPH CLINICAL LABORATORY

360 Broadway

Bangor, Me 04401

PATIENT INSTRUCTIONS FOR 24 HOUR URINE COLLECTION

Your doctor has ordered a test which requires you to collect a 24 hour urine specimen for examination by the laboratory. In order to make sure the specimen can be used for testing, please read and follow the directions printed below.

1. Empty bladder upon rising in the morning and discard the urine. **This will be your start time.**
2. Collect ALL subsequent urine up to and including that at the time of rising the following morning. It is important to collect all the urine. If any is lost or if the collection becomes contaminated with feces, the test results are invalidated and consequently a new collection must be started.
3. Keep the urine in the refrigerator or on ice between collections. DO NOT FREEZE.
4. Label the specimen with your name, date of birth, date and time collection was started, and date and time collection finished. **If not properly labeled, the sample will be rejected.**
5. Avoid diuretics, such as caffeinated beverages or alcohol, while collecting the 24 hour urine.
6. Once the collection is completed, bring the container to Registration within 24 hours.

If you have any questions, please call 907-1659 and we will be able to assist you.

