

# 24-Hour Urine Collection Instructions

How to properly complete a 24-hour urine collection for accurate test results

■ An improperly collected sample may require you to repeat the entire 24-hour collection. Please read all instructions before starting.

## What You Will Need

- The large orange jug provided by the lab
- Refrigerator space for the jug
- A small container to collect urine before transferring to the jug (optional but helpful)

## Step-by-Step Instructions

### Day 1 — Morning (Start)

When you wake up on your start day, urinate into the toilet as normal. Do NOT collect this first morning urine. Note the time — this is your official start time.

### All urinations after that

Collect ALL urine for the next 24 hours in the orange jug. This includes nighttime urinations. Do not miss any.

### Keep the jug refrigerated

Store the collection jug in the refrigerator between uses. Do not leave it at room temperature.

### Day 2 — Morning (End)

The next morning at the same time you started, collect your final urine sample into the jug, even if you just woke up. This is your last collection.

### Bring to the lab

Deliver the jug to Quest Diagnostics within 2 hours of your final collection. Keep it cold during transport if possible.

## Common Mistakes to Avoid

- **Do not:** Forgetting one or more voidings — even at night
- **Do not:** Discarding any urine during the 24-hour period
- **Do not:** Starting the collection with the first morning urine (it should go into the toilet)
- **Do not:** Not refrigerating the jug between uses
- **Do not:** Delaying delivery to the lab

## Medications & Diet

Continue all medications as usual unless your doctor has specifically instructed otherwise. Do not change your diet during the collection — normal eating and drinking habits give the most accurate results. Stay well hydrated.

**Record Here:** Your collection start date: \_\_\_\_\_ Time: \_\_\_\_\_ End time: \_\_\_\_\_