

# Care Gram

## 24-hour Urine Collection

### Fill in the following information:

Patient's name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Collection start date: \_\_\_\_\_ Time: \_\_\_\_\_ a.m. / p.m. Height: \_\_\_\_\_

Collection end date: \_\_\_\_\_ Time: \_\_\_\_\_ a.m. / p.m. Weight: \_\_\_\_\_

Preservative:  Yes  No Type: \_\_\_\_\_ Amount: \_\_\_\_\_

Was the urine refrigerated or stored on ice during collection?

Yes \_\_\_\_\_  No \_\_\_\_\_

### Preparation

Pick up the collection container from the Laboratory Department on the Licking Memorial Hospital (LMH) First Floor. You will receive:

- A urine pan to place in your toilet to collect the urine.
- A large 24-hour collection container for the entire urine collection. The staff may add a preservative based on the type of test that is ordered.

There is no other preparation unless you are having one of the following specific tests done:

- Arsenic
- Catecholamines
- Fractionated 24-hour or random
- Homovanillic Acid
- Hydroxyindoleacetic Acid 5 (5HIAA)
- Metanephrines, Fractionated
- Vanillylmandelic Acid (VMA)

If you are having one of these specific tests done, please review the Care Gram, *24-Hour Urine and Food/Drug Restrictions*.

### Collecting the Specimen

Do not urinate directly into the large 24-hour collection container. Pour the urine from the urine pan into the large 24-hour collection container without splashing it on your skin.

*The urine specimen **must** be kept refrigerated and/or kept on ice in a cooler throughout the collection process.*



Licking Memorial  
Health Systems

1. Starting at 7:00 a.m., or when you wake up, empty your bladder. Do not save this first urine sample but record the date and time in the collection start date and time spaces on page 1.
2. For the next 24 hours, collect every urine sample in the urine pan. Pour each sample into the 24-hour collection container.
3. Starting at 7:00 a.m. the next morning, or at the same time as your collection start time, collect a final urine sample in the urine pan. Pour the urine into the 24-hour collection container to complete the collection process.
4. Bring the 24-hour collection container to the LMH Laboratory **within 12 hours of collection completion along with this Care Gram**. The staff will review the information and accept the urine collection from you.
5. Some tests require a blood draw along with the 24-hour urine collection. This will take place when you bring in your 24-hour collection container.

### **Finding Out the Results**

The results will be ready in 1 to 10 days. Check with the physician who ordered the test for the results.

If you have any questions about your test, please call your physician or call the LMH Laboratory at (220) 564-4155.