

24-hour Urine Test Tips

Your doctor has asked you to do a 24-hour urine collection. This test can give many clues about how your kidneys are working. The doctor's office will give you one or more **plastic jugs** to collect your urine in. You may also be given a plastic **urinal** (if you are a man) or a plastic toilet "**hat**" (if you are a woman).

Here are some tips to help you get an accurate result:

- The doctor's office may tell you what time to start—often first thing in the morning. Have the urinal or "hat" ready. Start the test on a weekend or a day when you will be home for 24 hours in a row.
- **Flush the first urine** after your starting time, but *note the time*.
- Each time you make urine after the first time, collect it in the urinal or "hat" and pour it into the jug. **Keep the jug in the refrigerator or on ice.**
- Collect all of your urine for 24 hours. Empty your bladder and collect the last urine. Note the time. (You can now throw out the urinal or "hat.")
- Bring your sample jug(s) to the lab.