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Fort Myer, VA 22211**



**Patient Instructions**

PA Form 8

## **24 Hour Urine Collection**

1. At the beginning of the collection period (usually when you awaken) the bladder should be emptied, that specimen should be discarded and the time noted.
2. All urine specimens passed thereafter throughout the day and the very first morning collection of the next day are collected in the appropriate container. Keep container refrigerated. If any urine is lost or missed, restart the collection.
3. Avoid contaminating urine with toilet paper or stool.
4. Label the container with **your full name, Sponsor's Social Security Number**, and date of collection.
5. Tighten the lid and return the container to the plastic bag provided.
6. Keep container refrigerated until it is returned to the laboratory.
7. Return to the laboratory within 24 hours of collection.

Note: Container found to have leaked will not be accepted. Total Volume of urine is a vital element in accurate resulting.