

Timed Urine Collection

Patient's Name _____ Collection Period _____

Additional Instructions _____

What Is Timed Urine Collection?

In a timed urine collection, you save all the urine you make over a certain number of hours. Then it goes to the lab for study.

Urine is made of water and dissolved chemicals. The chemicals come from the natural breakdown of protein and tissues in the body. Amounts of chemicals outside the normal range may be a sign of a disease or some other condition.

The lab results from a timed urine collection may help your doctor make or confirm a diagnosis.

Preparing for Timed Urine Collection

- Your doctor or nurse will tell you how long you need to collect your urine. It is usually 24 hours, but the time may be longer or shorter.
- You will get a toilet insert (also called a hat) or urinal for collecting the urine and a container for storing the urine during the collection hours.
- If a preservative was added to the container, a warning label will be attached. Be careful not to spill the preservative; it may burn your skin. Keep the container out of the reach of children.
- Follow your doctor's directions about food, drinks, or medicines you should take or avoid before and during the collection hours.



Toilet Insert (Hat)



Urinal



Specimen Container

Instructions for Timed Urine Collection

1. The morning of collection day, write on the container tag the date and time you first urinate.
 - a. Do not collect this first urine of the day.
2. Keep all your urine for the rest of the collection hours in the container.
3. Do not urinate directly into the container. Urinate into the hat or urinal, and then pour the urine carefully into the container.
4. Keep the container tightly capped between urinations.
5. Keep the urine in the container cold.
 - a. Place the tightly capped container in a plastic garbage bag and store it on a separate shelf from the food in your refrigerator.
 - b. If you prefer to keep the container in a cooler, the container must stay packed in ice for the entire collection period.
6. If you make more urine than the container will hold, call 801-587-4687 for further instructions.
7. For a 24-hour timed collection, make the final collection 24 hours after the start time you recorded.
 - a. Mark the stop date and time in the space provided on the tag.
8. As soon as possible after the collection period ends, take the container to the lab.
 - a. This needs to be done the same day you finish the collection.
9. Follow the delivery instructions below.
10. You must be present for blood draw when dropping off 24-hour urine collection. You must come to the lab in person when you deliver the container.



(A) If you use the hat, put it at the front of the toilet bowl and use the toilet seat to hold it in



(B) After you urinate, pour the urine from the hat or urinal into the container.

Delivery Instructions:
