

Procedures/Diagnostic Tests

24-hour urine collection

You have been asked to collect a 24-hour urine sample. This procedure checks the function of your kidneys or measures certain products in your urine. For accurate results, it is important to collect all your urine for exactly 24 hours.

Preparation

1. Before you begin the collection, you will be given a urine collection container (a urinal for males, a “hat” for females), a urine storage container, and a name tag. You may need more than one storage container to contain all of your urine for the 24-hour period.
2. Make sure each storage container has a name tag with your full name and hospital number written on it. **If your container is not labeled properly, you may be asked to repeat the 24-hour collection.**
3. Keep your storage container refrigerated throughout the 24-hour collection period until you bring it back to the Clinical Center. If you do not have access to a refrigerator, your collection should be kept on ice or in a cooler.
4. Some tests require using a double storage container or adding a preservative to the storage container. If you need a double container, preservative or if there are special instructions to follow, your doctor or nurse will tell you.
5. If you are staying on an inpatient unit during your 24-hour urine collection, your nurse will make sure your container is labeled correctly and show you where to keep your storage container.

Procedure

1. Start the 24-hour urine test by urinating directly into the toilet. Do not save this urine. After you urinate, write the date and time on your storage container. For the next 24 hours, urinate first into your collection container, then pour the urine into your storage container.

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2. If you need to use more than one container during the 24-hour period, use one container at a time. When it is full, collect your urine in the next container.
 3. Exactly 24 hours after you started the test, urinate one last time and place the urine in your storage container. *This is the end of your test.* Write the date and time the test ended on your storage container.
 4. Please bring the urine to the Clinical Center as soon as possible. To prevent leaks, make sure the lid is on tightly, and that the container is transported upright inside a plastic bag. If the weather is warm and you must travel a long distance, transport your urine container on ice or in a cooler.
 5. If you are an inpatient, your nurse will tell you what time to begin and end the collection and will set up more containers, as needed.

If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times.

Special instructions

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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