

24 HOUR URINE COLLECTION PATIENT INSTRUCTIONS

Your Physician has ordered a 24 Hour Urine for metabolic evaluation of your kidney stone disease. Please follow the directions listed below. If you have any questions regarding this test, call the MIU office where the test was ordered and ask to speak with a Medical Assistant regarding the 24 Hour Urine Collection.

REFRIGERATE THE URINE AT ALL TIMES

You will receive 2 containers for the urine collection. You will have your blood drawn two (2) times, at the start of the collection and at the end of the collection.

The day your physician orders the 24 Hour Urine Collection, you will have your blood drawn.

- Depending on your insurance you may have the test at Michigan Institute of Urology or you will have to make an appointment at another laboratory.
- You should have an appointment on day 3 for the second blood draw.

URINE COLLECTION DAY ONE

- First morning urine, void into the toilet, flush this urine.
- Label the container:
 - "First container" (or # 1)
 - Time and date
- This is the start of the first 24-hour urine collection.
- The remainder of the day and night, void into the "first container" (#1)

URINE COLLECTION DAY TWO

- First morning urine, void into "first container" (#1)
 - On the bottle at the "end collection" record the date and time
 - The first collection is now complete
- The second collection starts immediately after the first collection is complete.
- Label the container:
 - Second container (or # 2)
 - Time and date
- The remainder of the day and night, void into the "second container" (#2)

DAY THREE

- First morning urine, void into "second container" (#2)
- On the # 2 container at the "end collection" record the date and time.
- The urine collection period is over at this time.
- Both # 1 and # 2 containers must be returned to the office on day 3
- You should have an appointment for your second blood draw on the day that you return the urine collection containers.