



PRIMARY CARE ASSOCIATES of Appleton, LTD

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24 HOUR URINE COLLECTION INSTRUCTIONS

1. Upon waking up in the morning, completely empty your bladder. Discard this specimen. Note the time of day (i.e., 7:15 am). This is the official start of the 24 hour test.
2. From this moment on, for the next 24 hours, collect all urine and save it in the container provided by the lab.
3. Keep the specimen refrigerated.
4. At the end of the 24 hour period, completely empty your bladder again. Save this specimen also – **DO NOT DISCARD!** Note the time of day (i.e., 7:15 am).
5. If instructed by lab staff to do so, complete any of the 24 hour urine questions that pertain to your collection (on the back of these instructions).

NOTE: For Creatinine Clearance Patients: A blood sample **MUST** be collected from you at the time you return your specimen to the lab.

6. Please verify that your 24 hour urine container has your full name and date of birth written on the container (not on the lid). Any container received by the lab without a name **and** date of birth will be rejected by the lab; resulting in the need to recollect the entire 24 hour specimen.
7. Return specimen to lab the same day you finish your collection. (Monday – Friday between 6:30 am – 4:30 pm).

NOTE: If you finish on a Saturday or Sunday you may return the specimen to either AMC (Appleton Medical Center) or TC (Theda Clark).

8. Always indicate the exact time the collection began and the exact time the collection was completed on the green sticker on the container.

NOTE: **If your container is labeled with a bright orange or red sticker, be careful!!! (This contains acid which is caustic. KEEP AWAY FROM CHILDREN!)**

If you have any questions, please contact Primary Care Associates Lab at 996-1000.