



CONNECTICUT KIDNEY & HYPERTENSION SPECIALISTS

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24-hour Urine Collection Instructions

Step 1- Ensure Lab appointment date is scheduled and you have the appropriate collection jug. (If not provided, you will need to get a jug at Lab.)

Step 2 - On **the day before** your lab appointment is scheduled, when you get up in the morning-note the time and pee and flush as usual.

Step 3 - After this initial urine – Collect **EVERY** drop of pee from that point on and collect in the provided jug.

Step 4- On the next day, get up at the **EXACT same time you got up the day before**, pee in the jug and you are done. Do Not collect additional urine.

Step 5 - **Please keep the jug cool**- Do not Refrigerate. You can place the jug in a cooler or in a sink on ice in your bathroom.

Step 6 - Bring the jug to the lab at your scheduled appointment time. Additional blood work may be necessary when dropping the jug off.

- If one of the urine portions is **missing, the collection should be stopped and restarted** the next day and the previous urine collected should be discarded.
- Women should not do a urine collection within 4 days of menstrual bleeding cycle.
- Females may use a plastic toilet hat for collection.

