

## **NEPHROLOGY ASSOCIATES OF MICHIGAN**

### **INSTRUCTIONS FOR COLLECTION OF A 24 HOUR URINE SAMPLE**

1. Take lab slip to the lab to pick up the urine jugs  
(And collection hat if needed)
2. Plan to do the test on a day when you will be at home.
3. When you first get up in the morning urinate into the toilet. This sample is not included in the urine collection. Start the collection immediately from this time forward and record your start time.
4. Collect all urine produced through the day, the night and the first morning specimen for the following day. Record your end time.
5. Urine must be kept cold. We suggest placing the urine filled jugs on ice or keep in the refrigerator sealed with a tie in a plastic bag to help maintain sanitation.
6. Drop off your completed 24 hour urine collection at the lab with your start and end time. You will also need to have a blood test done when dropping the urine jugs off at the lab.