

# Greenbrier Obstetrics and Gynecology, P.C.

713 Volvo Parkway.

Suite 200

Chesapeake, Virginia 23320

Telephone (757) 547-4500

Fax (757) 547-4502

## 24 Hour Urine Specimen Collection Patients' Guidelines

Here are some easy directions to help with your 24-hour urine collection:

1. You will be given a brown 24-hour urine container in the laboratory. You will take this container home with you and begin collection of your 24-hour specimen the following morning
2. After leaving the laboratory, schedule an appointment to return the 24-hour urine collection container.
3. Empty your bladder when you get up that next morning and discard this urine. Make note of the time. From then on, all urine that you pass during that day and night must be collected in a small, clean container other than the brown bottle. Then, you must transfer this urine, into the brown container.
4. Make the final collection when you empty your bladder the next morning, at the same time you started the collection the previous day.
5. Keep the collected urine in the brown container refrigerated or in a chest of ice at all times.
6. When you finish the 24-hour collection, bring the brown container back to the laboratory. Keep it refrigerated until you return to the lab.
7. While at the laboratory, you will have your blood drawn. Therefore, you cannot just drop off the specimen.

### **Remember:**

1. DO NOT drink any soft drink or alcoholic beverages.
2. DO NOT attempt to void directly into the brown container.

3. You must collect **all** the urine that you pass for 24-hours.  
**Caution: Some brown containers contain a preservative. Please handle carefully and cautiously. Make sure that you read the label on the bottle.**