

Instructions for collecting 24-hour urine sample

How to prepare?

Urine should be collected in a clean bottle previously cleaned/prepared at home or in a special container obtained in the laboratory.

The person who is collecting 24-hour urine sample should completely empty the bladder in the morning of the first day and discard first morning urine fraction.

After that, all subsequent urine fractions should be collected throughout the day and night until the morning of the second day, including the morning urine of the second day (full 24-hour period).

It is important to have adequate and custom fluid intake during urine collection.

Urine should be kept in a cool place during the collection period to prevent the action of microorganisms and the changes that occur while urine is waiting for analysis.

Example:

Step 1 - Pearson gets up in the morning at 7 am and urinates in the toilet

Step 2 - Afterwards, he collects all urine samples in a special container for the next 24 hours (during that day and possibly night). Last added urine fraction should be first morning urine obtained around 7 am of the second day.