

Instructions for a 24-hour urine collection

- ❖ please empty your urinary bladder completely in the morning and dispose that urine (e.g at 7 AM)
- ❖ afterwards, collect the urine in a 24-hour period, during a whole day and night until the next morning, including the morning urine of the next day collected at 7 AM
- ❖ urine is collected in a clean bottle you have washed or prepared at home or a container which you can receive in a laboratory
- ❖ a urine collection must be kept in a cold place in order to prevent a microbial activity and any other changes made to the collected urine.