

24-Hour Urine Test

A 24-hour urine test shows how well your kidneys are working. You must collect all urine that you pass in a 24-hour period for this test.

To Prepare

- You will get a large bottle to collect your urine.
- Put your name on the bottle.
- Some tests need a chemical added to the bottle when you begin the test.
- Do not exercise more than usual while you are collecting your urine.
- If any urine is spilled or not collected, you may need to start over with a new bottle.
- Do not get toilet paper or stool in the urine.
- Keep the chemical and bottle of urine away from children and pets.
- Keep the collected urine cool or refrigerated. Do not freeze.
- Keep the container in a safe place where it will not spill or be exposed to light.

How to Collect Your Urine

- To start, empty your bladder and **flush that urine**. Write down the time. This time is the start of your 24-hour urine test. If you have a chemical to add, pour it in the bottle.
- Get a clean cup to urinate into. You may be given a container that fits under the toilet seat to catch your urine. Urinate in the cup or container and carefully pour the urine into the large bottle.
- For the next 24 hours, save **all** of your urine and put it into the bottle.
- At the end of the 24 hours, urinate one more time. Put the urine into the bottle.
- Bring the bottle to the lab that day with your lab slip.

For Example:

1. At 7:00 AM, urinate but do not save this urine.
2. Collect all of your urine for the rest of the 24 hours.
3. At 7:00 AM the next day, urinate and put this urine into the bottle.
4. Bring the bottle of urine to the lab.

Test results are sent to your doctor. Your doctor will share the results with you.