LEGACY HEALTH | LEGACY LABORATORY SERVICES

Patient Instructions for Collecting a Timed Urine Sample (24, 48, 72 Hours)

Your physician has asked you to provide a timed urine specimen. Important tests will be done with your specimen. You can help assure the accuracy of these tests by following these instructions:

1. Avoid alcoholic beverages, vitamins, and other medications (if possible) for at least 24 hours **before** you start collecting the specimen and **during** the collection period.

Please consult your physician before discontinuing any medication

2 If your physician has given you a specimen container, it may contain a chemical preservative. Please keep this container out of the reach of children. If for some reason you do not use the container, it should be returned to the physician's office or to a Legacy Laboratory.

3. Maintain your normal intake of liquids (typically 8 to 10, 8 oz. glasses of liquids per day) during the day before and the day of the collection unless your physician gives you specific directions to do otherwise.

4. The 24-hour collection period begins when you arise from sleep, regardless of time of day, and empty your bladder. Do not collect this urine! Do record the time and date of this voiding on the specimen container label.

5. Collect all urine, day and night, for 24 hours. Make your final collection when you empty your bladder the next morning, approximately 24 hours from the time marked on your specimen container. Keep this as part of the total collection.

6. Keep the specimen in a cool place. Refrigerate if possible.

7. Return the specimen as soon as possible to your physician's office or to any Legacy Laboratory. When returning a sample to a Legacy Laboratory, be sure to include the test requisition form from your physician.

If you have questions, please call your physician.