



Instructions for a Timed Urine Collection

Please collect your urine sample for the amount of time your provider asked you to.

Collection time: 12 hours 24 hours Other: _____

Below are things you need to do before starting your collection.

- Ask your provider if you can keep taking your normal medications and vitamins.
- Stop drinking alcoholic beverages 24 hours before you start collecting your sample. Do not drink alcoholic beverages during your collection time.
- Keep drinking non-alcoholic beverages as much as you normally do, unless your provider says differently.
- If your provider ordered a Creatinine Clearance test, you also need to have a blood sample taken.
 - › Before you start your collection time, chose when you will get your blood drawn.
 - › Blood samples can only be taken Monday through Friday.
 - › You can have your blood drawn during the times below.
 - Up to 24 hours before your collection time
 - During your collection time
 - Up to 24 hours after your collection time

If you make any mistakes listed below, stop your collection time and get a new collection container from a Legacy Laboratory.

- Forget to collect any urine during your collection time.
- Collect urine less than or more than your correct collection time.
- Spill any urine out the collection container.
- Do not store the collection container on ice or in the refrigerator.
- Drink alcoholic beverages within 24 hours before or during your collection time.
- You do not get your blood taken in time if your provider ordered a Creatinine Clearance test.

Follow the 5 steps below for your timed urine collection.

1. Your collection time starts with the first urination of the day.

- Urinate into the toilet and flush as normal. Do not collect this first urine sample.
- Write the date and time of your first urination in the table below. This is the start time of your collection time.

Start	Date:	Time:
Stop	Date:	Time:

2. After your first urination, collect all urine.

- When you need to urinate, urinate into the collection aid container (sometimes called a “urine hat”).
- Pour all urine collected into the orange collection container (sometimes called a “brown jug”).
- Keep the orange collection container on ice or in the refrigerator for your entire collection time.
- Collect urine that passes with bowel movement. Avoid adding stool to your urine sample.
 - › If stool gets in the collection aid container, try to pour only urine into the orange collection container. If there is a lot of stool in the urine sample, you may have to re-start your collection.

3. Your last urine sample will be collected at the end of your collection time.

- Write the date and time of your last urination in the table in step 1. This is the stop time of your collection time.

4. Write on the orange collection container. Label should have:

- › Full name
- › Date of birth
- › Start and stop date and time (use table in step 1)

5. Deliver your sample and test order form from your provider to your provider’s office or Legacy Laboratory within 24 hours of your last urine collection.