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.

<table>
<thead>
<tr>
<th>Start</th>
<th>Date:</th>
<th>Time:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stop</td>
<td>Date:</td>
<td>Time:</td>
</tr>
</tbody>
</table>

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.**