

University of California, Davis
Health System, Sacramento
Department of Pathology and Laboratory Medicine

***URINE COLLECTION, MEASUREMENT, AND
ALIQUOT FOR TIMED SPECIMENS***

Administrative Procedure 545.F

PURPOSE:

To establish standardized 24-hour urine collection and processing procedures for the all UCDHS Clinical Laboratory sites.

STANDARDS AND GUIDELINES:

- 1 Patient should avoid alcoholic beverages and vitamins for at least 24 hours before starting to collect urine, and during collection period. Patient should not discontinue medications unless instructed to do so by the physician.
- 2 Patient should not exceed normal intake of liquids or change dietary habits during the day before and the day of the collection unless the physician gives specific instructions to do otherwise.
3. On the day of collection, the patient should discard the first morning void and begin the collection after this void. Document date and time, this is the start date and time.
4. Collect **all** urine for the next 24 hours. The final void on the second morning should be collected at the same **time** the collection was started the previous day. This is the final collection added to the 24-hour urine sample.
5. Keep the urine **refrigerated** during and after completion of collection.
6. Preservative maybe added to this container if required for the test requested after the collection is completed and returned to the lab. Patients will not be provided containers containing any caustic material, such as acid.
7. Document patient **height and weight**.
8. **DOCUMENT START AND FINISH DATE / TIME OF COLLECTION.**
9. At the time the specimen container is issued, the patient needs to be given verbal and written instructions on collecting 24-hour urine specimens

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ATTACHMENT A

24-HOUR URINE COLLECTION INSTRUCTIONS

Patient Name: _____

Patient height: _____

Patient weight: _____

TO COLLECT TIMED URINE SAMPLES:

1. Empty bladder when you get up in the morning.
DO NOT collect this urine. **DO** record this time and date.

TIME: _____ DATE: _____

2. From then on, collect all urine you pass during the day and night into this container.
3. Make your final collection when you empty your bladder the following morning at the **SAME TIME** that you started the previous day.

TIME: _____ DATE: _____

4. Keep the urine **REFRIGERATED** and bring it to the laboratory **AS SOON AS POSSIBLE** after the collection is complete.

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PROCEDURE HISTORY:

Date	Written Revised By	Revision	Approved Date	Approved By
8/92	G. Cooper	New	8/92	E. Larkin
10/98	R. Longoria	Revised	10/98	E. Larkin
10/99	R. Longoria	Revised	10/99	E. Larkin
10/00	R. Longoria	Revised	10/00	E. Larkin
10/01	R. Longoria	Reviewed	10/01	E. Larkin
10/02	R. Longoria	Reviewed	10/02	E. Larkin
10/03	D. Wright	Revised	10/03	E. Larkin
10/04	R. Longoria	Revised	10/04	E. Larkin
10/05	D. Wright	Reviewed	10/05	E. Larkin
9/06	T. Roscovich	Reviewed	9/06	R. Green
5/07	D. Wright	Revised	5/07	R. Green
4/08	C. White	Revised	4/08	R. Green
7/09	C. White	Reviewed	7/09	L. Howell
11/09	C. White	Reviewed	12/09	J. Bishop
9/10	C. White	Reviewed	9/10	L. Howell
9/11	C. White	Reviewed	9/11	L. Howell
08/14	A. Castaneda	Biennial Review	09/14	