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INSTRUCTIONS FOR OBTAINING A 24-HOUR URINE COLLECTION

To the Patient: Please follow these instructions in collecting your 24-hour urine specimen. The container you are provided with is the only container to be used for your collection. *Do not substitute a different container.*

You will find it more convenient to urinate into a small, clean, empty, plastic or glass container and transfer the urine into the larger collection container. *DO NOT add anything but urine to the container and DO NOT pour out any liquid or powder that may already be in the collection container.* The collection container should be kept *refrigerated* throughout the collection period.

1. Upon arising in the morning, urinate into the toilet, emptying your bladder completely. **DO NOT COLLECT THIS SAMPLE.** (Note the exact time and print it on the container label.)
2. Collect all urine voided for 24 hours after this time in the container provided. All urine passed during the 24-hour period (day and night) must be saved. Urine passed at the time you are having bowel movements must also be collected.
3. Refrigerate the collected urine in between voiding or store it in a cool place to limit bacterial growth.
4. At exactly the same time the following morning, void completely again (*first* time after awakening) and add this sample to the collection container. This completes your 24-hour collection.
5. Please bring the 24-hour urine specimen to the office, or a laboratory if specified, as soon as possible and keep the container cool.

If you fail to strictly adhere to the above instructions, discuss the problem with Suzette at (212) 688-7100 (prompt #6) so that a repeated collection will be successful or to possibly salvage the collection you already have performed.