PATIENT INSTRUCTIONS FOR
OUTPATIENT TIMED _____ HOUR URINE COLLECTION

1. The Laboratory will provide a disposable, wide mouthed, clean, plastic bottle that has a cap and is large enough to hold 2-3 liters for the total urine collection. The urine container must be labeled with the patient's name and the test to be performed before it leaves the laboratory.
   a. If, at any point in time, the urine collection is inadvertently contaminated with stool, please call Avera Laboratory Network – Sioux Falls at 605-322-7187 option 2 for instructions.
   b. If the amount of urine voided is large, please call the Laboratory at 605-322-7187 option 2 to obtain a second container. **It is very important that all urine voided during the collection time be saved and put in the collection container.**
      Note: If the collection container was provided by your local laboratory and not Avera McKennan Laboratory, please contact your local laboratory for additional container.

2. A preservative may have been added to the collection container to maintain the integrity of the sample during the collection and testing period. If so, a warning label will be affixed to the collection container and the lab staff will advise you how to store your specimen. Caution must be used to avoid contact with urine preservatives.
   **If no preservatives are added, please refrigerate the specimen** during the collection period (or keep it on ice.)

3. All patients will be issued a separate collection device for collecting each sample. These separate collection devices will be used to void into, and to empty each voided sample into the 24-hour collection container. It is especially important that patient do not void directly into containers that contain a urine preservative to avoid the possibility of skin contact with the preservative.
   - Male patients will receive a small routine urine collection cup.
   - Female patients will receive a "hat" collection device that fits on the toilet seat for collecting each voiding.

4. Begin the 24-hour urine collection by emptying the bladder at a fixed time. Discard this initial sample and note the time at which this is done. This is the collection start time.
   Please record start time below.
   **START DATE IS _____________**
   **START TIME IS _____________**

5. After the start time, ALL URINE VOIDED must be collected and emptied into the large container provided. The collection ends exactly _____ hours after the initial discarded sample. At the stop time, completely empty the bladder and add this to the collection. The collection is now complete.
   Please record stop time below.
   **STOP DATE IS _____________**
   **STOP TIME IS _____________**

Please return this sheet with the timed urine collection to the Laboratory as soon as possible after the collection is completed.