

## 24-Hour Urine Collection

### *Directions to follow*

*This handout gives important directions to follow when doing a 24-hour urine collection.*

We have asked you to collect your urine for 24 hours. Please closely follow these directions, so your test will show correct results.

### Tips for Careful Collection

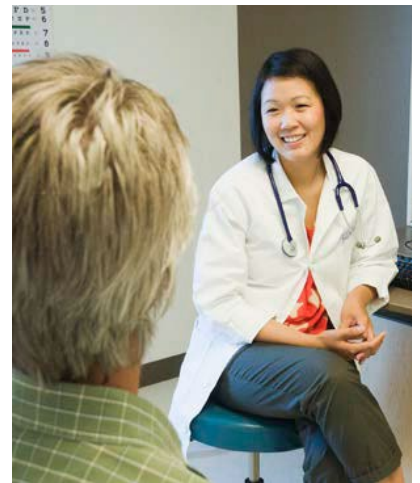
- Begin and end your urine collection at the same time of day, 24 hours apart. For example, if you start collecting your urine at 7 a.m. on day 1, end your collection at 7 a.m. on day 2.
- **After you empty your bladder (urinate) for the first time,** collect all of the urine your body makes over the next 24 hours.
- Do not drink more than your usual amount of fluids. Fluids include coffee, tea, cocoa, milk, juices, or soda.
- For 24 hours before and during your urine collection:
  - Do **not** drink alcohol.
  - Do **not** take any vitamins.

### Supplies You Need

- Brown jug, labeled with your name and hospital number
- Urinal for males, “hat” for females

### How to Collect Your Urine

- Choose a time to start. Empty your bladder at that time and do not save the urine. Note the date and time, including a.m. or p.m. The lab will ask you for this when you return the filled jug.
- For the next 24 hours, save your urine every time you urinate by putting it in the brown jug.



*Ask your care provider if you have any questions about how to do your 24-hour urine collection.*

- Keep the jug in the refrigerator unless we tell you otherwise.
- If your care provider has told you to use a preservative:
  - Be very careful when you pour your urine into the jug. Do not touch or breathe in the preservative because it is an acid.
  - Keep the jug out of the reach of children.
  - Ask your care provider if you have any concerns or questions.
- If you forget to save your urine any time during the 24-hour period:
  - Throw out all the urine.
  - Get a new brown jug and start over.

## How to Finish Your Collection

When it has been 24 hours since you started your urine collection, empty your bladder 1 more time and put this urine in the jug. Even if you do not feel the need to go, empty what you can.

## Returning the Jug

- Return the filled jug **within 24 hours** after your last collection.
- Get a **blood draw** at this time, if your provider has asked for it.

Please take your brown jug to one of these labs:

### UW Medical Center - Montlake Blood Draw

1959 NE Pacific Street, Seattle, WA 98195  
 Room EA310 Next to the Outpatient Pharmacy  
 Phone: 206.598.6153  
 Open weekdays 6:30am-6pm  
 Open weekends 8am-11am

### UW Medicine South Lake Union Blood Draw

750 Republican St., Seattle, WA 98109  
 Room F143  
 Phone: 206.520.8320  
 Open weekdays 7:30am-5pm

### UW Medical Center - Northwest Blood Draw

1550 North 115th St., Seattle, WA 98133  
 Phone: 206.668.1344  
 Available for blood draw 24/7

**Eastside Specialty Center Blood Draw**

3100 Northup Way, Bellevue, WA 98004

Phone: 206.598.8871

Open weekdays 7:30am-5pm

**Hall Health Blood Draw**

University of Washington Campus, Seattle, WA 98105

East Stevens Circle

Phone: 206.685.1017

Open Mondays, Wednesdays, Thursdays, Fridays 8am-5pm

Open Tuesdays 9am-5pm

**Harborview Medical Center Blood Draw**

325 9th Ave., Seattle, WA 98104

Room GWH-39

Phone: 206.744.4256

Open weekdays 8am-5:30pm

**Roosevelt Medical Center Blood Draw**

4245 Roosevelt Way NE, Seattle, WA 98105

Room E160

Phone: 206.598.5566

Open weekdays 7:30am-5pm

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

### UWMC Clinics:

- Surgical Specialties  
Center: 206.598.4477
- Medical Specialties  
Center: 206.598.4615
- General Internal  
Medicine: 206.598.8750