

## **Urine Collections**

*24-Hour Urine Collections:* Christiana Care Health Services provides 24-hour urine collection containers.

Use the following procedure for the correct specimen collection and preparation.

### **Principle:**

Complete collection of urine during a 24-hour period is required for accurate test results and thus, diagnosis. By following a few simple guidelines, a 24-hour urine specimen can be properly collected.

### **Materials:**

Urine collection container

Appropriate preservative-See “Urine Preservatives” table in “Special Instructions”.

### **Procedure:**

1. The patient, physician, or nursing unit calls to obtain a collection container, stating tests to be performed.
2. Depending on tests requested, lab staff obtains collection container and adds the appropriate preservative and any warning labels to container. Heavy metal testing requires an acid-washed plastic container, supplied by our reference laboratory.
3. Inform the lab of medications being taken by the patient during the collection period, to prevent possible interference or invalidation of test results.
4. Instruct the patient, physician or nursing unit that the preservative may be irritating. The patient should void into another clean container and pour the contents immediately into the collection container, supplied by the laboratory.
5. Start the collection by instructing the patient to void. Discard this urine. Note the date and time on the collection container.
6. Collect all urine voided in the next 24 hours.
  - Before having a bowel movement, collect urine and transfer to the collection container, to prevent loss or contamination.
  - Throughout the collection period, instruct the patient to refrigerate the urine.
  - If urine is accidentally discarded during the 24-hour period, obtain another collection container and start the collection over.
7. Stop the collection by instructing the patient to empty the bladder one last time, 24 hours after the start time. Include this urine with the collection.
8. Note the exact date and time of completion on the collection container and the test request slip.
9. If the total 24-hour urine volume is less than 500 mL or the creatinine is  $<0.8$  g/24h, the lab will call the physician or nursing unit to confirm that the sample is a true, 24-hour collection. Since an incomplete collection may invalidate the test results and/or possibly mislead the physician, the lab may reject the specimen.