

24-HOUR URINE COLLECTION

Instructions for Patients

Follow these instructions when collecting your urine (pee) for your healthcare team:

- During this 24-hour period, keep your urine collection jug cool. Put it in a fridge away from food or keep the sample in a large bowl/pail with ice.
- Return the jug to the lab once complete.
- **Do not start the collection on a Friday or Saturday, as the lab will not be open to accept the sample.**

Day 1	<ul style="list-style-type: none">• Empty your bladder (go pee) first thing in the morning. Do not collect this first amount of urine• When you pee for the 2nd time that day, start collecting in the jug you were given. Write down the exact time of this pee on the label on the jug.• Collect the rest of your pee in the jug for the next 24 hours (this include any times you pee during the night) and write the time down on the jug label.
Day 2	<ul style="list-style-type: none">• Finish collecting your pee the next day around the same time that you started the collection on day 1.<ul style="list-style-type: none">◦ For example, if on day 1 your 2nd pee was at 8:00 a.m., then stop collecting your pee by 8:00 a.m. on day 2.• Return the jug to the lab as soon as you can. Be sure to continue keeping the jug cool until it has been given to the lab.

Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.



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