



**LABORATORY**  
**PATIENT INFORMATION SHEET**  
**24 - Hour Urine Collection**

Please read all information before starting your collection.

A 24 - hour urine collection is a procedure that requires collecting all urine passed over a 24 - hour period. This Collection is done to measure your kidney function, urine protein, and other urine contents.

**Procedure:**

1. Take your requisition to the laboratory to receive your container. Check with the lab if you have to follow any specific instructions for your test (for example: Dietary restriction). Please note that any blood work ordered on your requisition will be done the day you return your 24 - hour urine collection to the lab.
2. Ensure your container is labeled clearly with your name.
3. Choose the day you will collect your urine. On this day, discard your first morning's urine. Immediately after this, please note your start time and date as your collection has now begun.
4. Collect all urine passed over the next 24 hours (including day, night, and your next morning's first urine) in the container. After the last urine is collected, please note your finish time and date.
5. Return the container of urine, as well as and your start and finish times to the lab as soon as possible in person, as you most likely will have blood work done at this time.
6. Keep urine cold during and after the collection by placing the container in the refrigerator or in a bucket of ice. It is not necessary to keep the container cold during transportation to the lab.

**Additional information:**

Urine collection should be started in the morning and finished at approximately the same time the next morning.

Some tests may require an additional 24-hour urine collection. In this case, you will receive two containers. Your second 24-hour urine collection may begin from the time you finish your first collection.

2 CHAMPAGNE DRIVE (CHAMPAGNE CENTRE) UNIT B21 TORONTO ON M3J 2C5  
(TEL): 416-222-6160 EXT. 227 (FAX): 416-222-9604