



**COLLECTION INSTRUCTIONS -  
24 HOUR URINE LAB SPECIMEN**

**Your Vanderbilt health care provider has requested that you collect a 24 hour urine specimen.**

**You should start the collection of this specimen the day before your appointment, and bring the sample jug with you on your next visit.**

**Collection Guidelines:**

- 1. Choose a time of day to begin the collection (example: 8:00 AM)**
- 2. Empty your bladder at 8: 00 AM – this is NOT a part of the sample collection.**
- 3. For the next 24 hours, collect all urine in the container provided by the laboratory.**
- 4. At 8:00 AM the next day, empty your bladder again – this IS part of the sample collection.**
- 5. Write your name, date of birth, and the collection times on the sample container label.**

**DURING THE COLLECTION TIME, PLEASE KEEP THE SPECIMEN JUG REFRIGERATED.**

**PROTECT THE SPECIMEN JUG FROM EXTREME TEMPERATURES DURING TRANSPORT TO VANDERBILT. (for example – do not leave the jug in a parked automobile)**

**If you have any questions regarding the sample collection, please contact your Vanderbilt health care provider, or call Tom Peters, VPLS Director, at 1-800-551-5227 ext. 4**