



For the patient

Sample collection guidelines: 24-hour urine sample



Guidelines for the patient

During the 24-hour urine collection, please do not consume alcoholic beverages.

Procedure:

- You empty your bladder completely into the toilet when you wake up in the morning (e.g. 08:00).
The first urine is not used!
- Note start date and time on the label.
- Collect all urine over the next 24 hours – including during the night.
- The next morning, at the time as the collection started (e.g. 08:00), the last portion of urine must be collected and put into the container, 24 hours after the start?
- Note the end date and time on the label.

Store the urine container in the refrigerator at 4°C, also during the collection.

If you accidentally lose urine or do not put it in the container, you should start again the next day, rather than delivering an incomplete collection.

If your doctor has requested a creatinine clearance, a blood sample will also be taken during the collection period (preferably in the middle).