



Banner Health

North Colorado
Medical Center

TIMED URINE INSTRUCTIONS FOR PATIENT

For the proper diagnosis and treatment of your case, your physician has requested that a 24 hour urine specimen be collected. It is extremely important that this be an accurate and exact 24 hour specimen, and that it be kept refrigerated. Please read these instructions thoroughly before you begin your collection. If you have any questions, please call the Diagnostic Center lab at 970-350-1398 or 970-350-6400. The 24 hour urine should be collected as follows:

1. Pick a time to start the specimen collection. At this time empty your bladder as completely as possible DO NOT SAVE THIS SPECIMEN. Document this begin time on the 24 hour urine container.
 2. Collect all the urine after this time including the urine passed before having a bowel movement.* Keep the specimen refrigerated in between collections.
 3. At the end of the 24 hour collection time again empty your bladder and ADD this to the container.
 4. After the collection is completed bring the container to the Laboratory at the Main Hospital or Summit View Medical Commons as soon as possible.
 5. Label the container with:
 - A. NAME: last, first
 - B. DOB OR SOCIAL SECURITY NUMBER
 - C. DATE: month, day, year
 - D. TIME: include p.m. or a.m.
- The specimen cannot be contaminated with stool because this will greatly affect the results.
 - If for any reason a portion of the urine were lost, the results would be invalid. Please start the collection again.