

## Urine Collection

### Patient Preparation

Many urine tests require specific preparation of the patient. For routine urinalysis, the **first morning** voided (concentrated) specimen is always best. For urine culture specimens, there are detailed guidelines for patient preparation listed below. Label specimen per the **Patient Identification and Specimen Labeling Policy and Procedure** in Special Instructions.

***Random Collection:*** For routine analysis and microscopic exam, have the patient void into a clean container. A clean-catch or midstream specimen is preferred. The patient should first void a small amount of urine which is discarded. Some of the urine should then be collected in a clean container before voiding is complete.

***Clean Voided Specimen (CVS):*** Use a clean voided specimen collection kit. Patient first cleans the urogenital area with the towelette provided. Void the first portion of the urine into the toilet, then without stopping the flow, collect the rest of the urine into the sterile cup provided. Secure the lid completely.

***Catheter:*** Straight catheter and indwelling catheter specimens are acceptable, however when culturing an indwelling catheter, do not use urine from the catheter bag. Urine from an indwelling catheter should be collected via the sampling port. Place any urine collected into a sterile cup and secure lid completely.

***Cystoscopy or Suprapubic:*** These specimens are normally collected by, or under, the supervision of a physician. Submit these types of urines in a sterile container or a syringe with the needle removed. Suprapubic urines are acceptable for anaerobic culture.

### 24-Hour Urine Collection Instructions

***24-Hour Urine Collections:*** The Laboratory provides 24-hour urine collection containers. See Patient Instructions [Test Catalog- 24 Hour Urine Collection Instructions](#)

1. Complete information on label and affix to container (see label example on next page).
2. Patient will be instructed to empty bladder and discard the **first-morning** specimen. Record this start date and exact time on container label.
3. Collect all subsequent voidings and deposit in 24-hour container (collect urine in a smaller container and pour into the 24- hour container). **Keep refrigerated.**
4. 24 hours after start of collection, patient will empty bladder and end collection by pouring this specimen into the 24-hour container. Record this ending date and time on container label.
5. If multiple containers are needed to complete collection, call Laboratory Customer Support at 314-996-4522.
6. All 24-hour urine containers must be received by the laboratory within 24 hours after collection is completed.

**Note: 1. For 24-Hour Creatinine Clearance, blood must be drawn for the serum creatinine. Please make sure patient does not to leave without having blood drawn when dropping off urine container(s).**

2. Some tests require a preservative, which may be toxic. Handle with care. The preservative, if any, will be written on the label. A chemical hazard label with instructions in case of contact will be applied to the container.

Below is a list of common 24-hour urine tests—please refer to the General Test Directory for complete instructions.

Test Name	Preservative	Test Name	Preservative
5HIAA	25 mL 50% Acetic Acid	Lead	NONE - no metal lid
Aldosterone	25 mL 50% Acetic Acid	Magnesium	NONE
Amylase	NONE	Mercury	NONE - no metal lid
Calcium	NONE	Metanephrines	*25 mL 50% Acetic Acid
Catecholamine	*25 mL 50% Acetic Acid	Na, K, Cl	NONE
Copper	NONE - no metal lid	NTX - Telopeptide	NONE
Creatinine	NONE	Phosphorus	NONE
Creatinine Clearance	NONE	Porphyryns	*5g. Sodium Carbonate - Protect from light
Cystine	NONE	Uric Acid	NONE
Electrophoresis	NONE	Total Protein	NONE
Heavy Metal	NONE - no metal lid	Urine Urea Nitrogen (UUN)	NONE
Homovanillic Acid (HVA)	25 mL 50% Acetic Acid	Vanillylmandelic Acid (VMA)	*25 mL 50% Acetic Acid

\* Indicates tests requiring preservative be added at the start of collection.

24 -Urine Collection Bottle Label



24 Hour Urine Collection

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Test(s) \_\_\_\_\_

Preservative

- None
- Acetic Acid      Added by \_\_\_\_\_
- Na Carbonate
- Boric Acid
- Other \_\_\_\_\_

Your physician has ordered a 24-hour urine test. A complete and accurate collection will ensure an optimal specimen for laboratory testing.

Collect urine in a smaller container and pour into the 24-hour container. Do not urinate directly into this container. Keep container refrigerated.

For 24-hour creatinine clearance a serum creatinine must be drawn within the urine collection period.

1. **On Day 1:** Empty your bladder into the toilet when you get up in the morning. Record this as your starting date and time.

Date \_\_\_\_\_ Time \_\_\_\_\_ AM

2. From this time on collect all your urine and place in this container.

3. **On Day 2:** When you empty your bladder on the morning of the 2<sup>nd</sup> day, be sure to add it to your collection container. This will be your final collection and should be made at approximately the same time as the time you began your collection. Record this as your ending date and time.

Date \_\_\_\_\_ Time \_\_\_\_\_ AM

4. Deliver this specimen to Missouri Baptist Medical Center's Outpatient Department within 24 hours after test completion.

NOTE:

You may call the Missouri Baptist Medical Center Laboratory at 996-4522 if you have any questions about your 24-hour urine test. If multiple containers are needed to complete collection, please call.



24 Hour Urine Collection

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Test(s) \_\_\_\_\_

Preservative

- None
- Acetic Acid      Added by \_\_\_\_\_
- Na Carbonate
- Boric Acid
- Other \_\_\_\_\_

Your physician has ordered a 24-hour urine test. A complete and accurate collection will ensure an optimal specimen for laboratory testing.

Collect urine in a smaller container and pour into the 24-hour container. Do not urinate directly into this container. Keep container refrigerated.

For 24 hour creatinine clearance a serum creatinine must be drawn within the urine collection period.

1. **On Day 1:** Empty your bladder into the toilet when you get up in the morning. Record this as your starting date and time.

Date \_\_\_\_\_ Time \_\_\_\_\_ AM

2. From this time on collect all of your urine and place in this container.

3. **On Day 2:** When you empty your bladder on the morning of the 2<sup>nd</sup> day, be sure to add it to your collection container. This will be your final collection and should be made at approximately the same time as the time you began your collection. Record this as your ending date and time.

Date \_\_\_\_\_ Time \_\_\_\_\_ AM

4. Deliver this specimen to Missouri Baptist Medical Center's Outpatient Department within 24 hours after test completion.

NOTE:

You may call the Missouri Baptist Medical Center Laboratory at 996-4522 if you have any questions about your 24-hour urine test. If multiple containers are needed to complete collection, please call.