

## 24 Hour Urine Collection Test Instructions

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The 24 Hour Urine Collection Test is helpful for evaluating how your kidneys are functioning. Please follow these instructions so we can get an accurate reading of your test.

1. First thing in the morning, empty your bladder. **Do not** save this urine. Write down the time you started the test on the laboratory form.
2. From this time on, **save all urine** in the container provided. **The urine must be refrigerated.** Continue to save all urine for the next 24 hours. This includes the first specimen (sample) on the second day.
  - Collect the first specimen on the second day **at the same time** as the first specimen on the first day (the one you did not collect).
3. Write down the time you finish the test on the laboratory form.
4. Bring the labeled specimen container and the laboratory form to the Blood Draw Station at your Health Center.
5. After you drop off the container in the Blood Draw Station you will also have a blood draw.

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