



## 24 Hour Urine Collection Instructions

1650 Cowles  
(Fairbanks Imaging Center)  
Fairbanks, AK 99701  
907-458-5640

Or

1101 and 1001 Noble  
(in the TVC building)  
Fairbanks, AK 99701  
907-459-3500 x 2229

### Notes on collection:

- Proper evaluation of tests on a 24 hour urine specimen requires a complete and accurately timed collection. If for any reason a portion of the urine is lost, the test results will be invalid. Please start the collection again.
- Do not add anything but urine to the bottle and do not pour out any liquid or powder preservative that may already be in the collection bottle.
- Do not drink alcoholic beverages during collection
- Follow any special instructions your practitioner may have given.

**CAUTION:** A preservative (liquid or tablet) may have been added to your container - be sure to avoid contact with it as it may be harmful. The container is labeled with the additive name; please contact poison control if exposed.

**1-800-222-1222**

**Then contact FMH Lab at 907-458-5640.**

### Collection:

- Write the name (first and last) and date of birth of the patient on the container.
- Upon rising in the morning, empty your bladder completely, urinating into the toilet. **DO NOT SAVE THIS SAMPLE**. Write down the Date and Time on label provided on container. Your last collection will be 24 hours from this time.
- Collect all urine voided during the next 24 hours into the separate container provided and transfer into the large collection container.

### Storage:

- Refrigerate the collected urine between voiding. Do Not Freeze
- At exactly the same time the following morning, empty your bladder into the separate container provided, and add this sample to the collection container. Write down the Date and Time again on label provided on container.

### Transport:

- Bring the entire 24 hour specimen to the FMH laboratory as soon as possible; keep cool by placing it into a portable cooler or insulated bag.

Please contact Fairbanks Memorial Hospital Laboratory with any questions.