**What Is Timed Urine Collection?**

In a timed urine collection, you save all the urine you produce over a certain number of hours so it can be studied in the laboratory.

Urine is made of water and dissolved chemicals that come from the natural breakdown of protein and tissues in the body. Usually urine contains specific amounts of these waste products. Amounts outside the normal range may be a sign of a disease or some other condition.

The lab results from a timed urine collection may help your doctor make or confirm a diagnosis.

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**Preparations for Timed Urine Collection**

- Your doctor or nurse will tell you how long you need to collect your urine. It is usually 24 hours, but the time may be longer or shorter.

- You will get a toilet insert (also called a hat) or urinal for collecting the urine and a container for storing the urine during the collection hours.

- If a preservative was added to the container, a warning label will be attached. Be careful not to spill the preservative; it may burn your skin. Keep the container out of the reach of children.

- Follow your doctor’s directions about food, drinks, or medicines you should take or avoid before and during the collection hours.

*Please follow the directions on the other side of this page.*
Instructions for Timed Urine Collection

• The morning of collection day, write on the container tag the date and time you first urinate. But don’t collect this first urine of the day.

• Keep all your urine for the rest of the collection hours in the container.

• Do not urinate directly into the container. Urinate into the hat or urinal, and then pour the urine carefully into the container. Keep the container tightly capped between urinations.

• Keep the urine in the container cold. Place the tightly capped container in a plastic garbage bag and store it on a separate shelf from the food in your refrigerator.

• You may prefer to keep the container in a cooler. If so, the container must stay packed in ice for the entire collection period.

• If you produce more urine than the container will hold, call 801-581-2430 for further instructions.

• For a 24-hour timed collection, make the final collection 24 hours after the start time you recorded. Also mark the stop date and time in the space provided on the tag.

• As soon as possible after the collection period ends, follow the nurse’s instructions for delivering the container to the lab.

Specimen Delivery Instructions

Make the final collection 24 hours after the start time you recorded. Also mark the stop date and time in the space provided on the tag.